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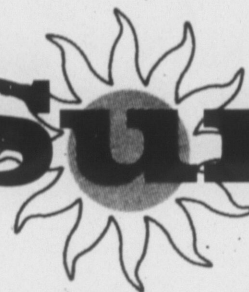
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# The Quincy Sun



Historic Quincy's Hometown Weekly Newspaper Since 1968

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NORTH QUINCY senior cheerleaders and graduates of the Class of 2020 share a moment on June 9 at a get together on the day that would have been their formal graduation. The outdoor commencement ceremony has been rescheduled to July 24 due to the COVID-19 pandemic. Wearing face masks per health guidelines are from left to right: graduates Courtney Ross, Katherine Scanlan, Denise O'Donovan and Erin Boylan.  
Photo Courtesy Elke Scanlan

## Committee Resolution: No Unfunded Mandates For School Re-Opening

By SCOTT JACKSON

The School Committee does not want state officials to hand down any unfunded mandates to districts when final guidelines for re-opening schools in the fall amid the COVID-19 pandemic are issued.

10 unanimously approved a resolution urging state officials not to create any unfunded mandates when putting the new rules in place. During the meeting, committee members described the state's initial guidelines for re-opening as "prohibi-

The committee on June

Cont'd On Page 12

## Quincy Public Schools Offering Summer Programs Remotely

By SCOTT JACKSON

Quincy Public Schools are offering remote summer programs this year, which officials said will also serve as a pilot program for a more rigorous remote learning initiative should it be needed next school year.

Deputy Superintendent Kevin Mulvey discussed the summer program during the School Committee meet-

ing on June 3. Mulvey was hopeful schools - which have been closed since March amid the coronavirus pandemic - could re-open in the fall, but said the district is using the summer program to test what he called a more rigorous remote learning initiative.

"Hopefully we will return to the classroom in September but, in the event that

we can't, we want to use the remote summer program as a model and pilot so that we can increase our rigor in regard to teaching our students," Mulvey said.

More than 1,900 students had registered for the summer programs as of June 3, which Mulvey called amazing.

Madeline Roy, the school department's senior director

of curriculum, said the number of students registered for the summer program this year is higher than what the district would typically see. More than 820 students have registered for the elementary school program this year, for example, compared to the 150 or so who would typically enroll in the program.

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## \$340.12 Million Budget Approved

By SCOTT JACKSON

City councillors on Monday unanimously approved a \$340.12 million budget for the fiscal year that begins July 1.

Councillors approved the budget for fiscal year 2021 after making three cuts in recent weeks to Mayor Thomas Koch's initial proposed spending plan of \$340.25 million. The first two cuts - each worth \$34,000 - were made in late May to person-

nel line items in the Public Buildings and Natural Resources Departments to fix an accounting error.

The final cut came Monday when councillors unanimously approved trimming \$66,543 from the line item for the Furnace Brook Golf Club. Council President Nina Liang had recommended reducing that line item from \$191,543 to

\$125,000 based on the golf club's recent property tax bills. The city is entering the final year of a 50-year agreement with the club, under which the city pays the club's property taxes. The city will take ownership of the land once the lease ends.

Before voting on the spending plan as a whole, councillors also approved the health insurance portion

of the budget, which is set to increase from \$49.06 million in the current fiscal year to \$52.55 million in the new fiscal year.

Ward 4 Councillor Brian Palmucci had asked for the discussion for that budget to be placed on hold at a prior budget hearing because Quincy College had yet to reimburse the city for

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HAPPY FLAG DAY - Jack MacKinnon (left) of West Quincy, granddaughter Kelsey Palmer and his puppy Jake celebrate the Flag Day Sunday wearing Koch Club t-shirts honoring the late Richard Koch, Quincy's Flag Day celebration originator. Due to the COVID-19 pandemic, the traditional Flag parade and fireworks were cancelled. Instead, a vehicle parade was held with cars and trucks passing through a 20-foot by 50-foot American flag raised by two fire trucks on Merrymount Parkway. More photos in the June 25th issue of The Quincy Sun.  
Photo Courtesy Lisa Amola

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AARP Monthly Fraud Update - Page 4  
Ask John Paul: AAA's Car Doctor - Page 20

More Quincy news:  
The Quincy Sun.com





# Quincy Pride Sets Up Art Display On Lawn At Church Of The Presidents

Quincy Pride, a non-profit organization, has set up a heart-shaped display made out of Pride flags to celebrate diversity in the City of Quincy. The display is on the lawn of United First Parish Church, The Church of the Presidents, located at 1306 Hancock St., Quincy Center.

This year's annual Pride Celebration was canceled due to the COVID-19 virus. The group said this display was one way to bring awareness to the organization and its mission of diversity and inclusion.

Q Pride is an all-volunteer, grass-roots committee. The City of Quincy is known for its bold historic traditions. Q Pride is carrying on that legacy.

The first annual Quincy Pride Day, a celebration of families, diversity and our community was celebrated in 2018. Over 2,000 people have attended this yearly June event. Since the inception of Quincy Pride, Boston Pride has been and continues to be a close ally as well



QUINCY PRIDE heart-shaped display on the lawn of United First Parish Church, Quincy Center. Courtesy Photo

as numerous businesses in the community who have generously become corporate sponsors.

The committee said that living and working in our community when all are welcomed is the foundation for understanding and acceptance. This sentiment is true now more than ever, members said.



FRANÇOISE CATTANEO of Quincy recently received the Twiness Award from Boston University (BU) College of Health and Rehabilitation Sciences: Sargent College at an online Senior Awards Ceremony. This photo of Cattaneo was taken while she was studying abroad in Geneva, Switzerland, during her junior year. Courtesy Photo

## Françoise Cattaneo Receives Boston University Award

Françoise Cattaneo of Quincy recently received the Twiness Award from Boston University (BU) College of Health and Rehabilitation Sciences: Sargent College at an online Senior Awards Ceremony.

The Twiness Award is presented to graduating seniors who exemplify the ideals of service, loyalty, thoughtfulness, and excellence of scholarship.

An alumna of Newton Country Day School of the Sacred Heart, Cattaneo graduated from BU with a bachelor of science in health science on the pre-med track.

"Françoise is deeply committed to giving back,

highly in tune with others, and invested in each responsibility she takes on," said Assistant Director of Academic Services Heather Nicholson. "Service and giving back is part of who she is and what she values. She is driven to continue this work and has expanded her efforts each year during her time at Boston University. Françoise goes about her days helping others and inspires peers to do the same."

While at BU, Cattaneo was a clinical assistant for the Boston Medical Center Grow Clinic, working to alleviate hunger among inner-city children. She was a Sargent College dean's host, peer mentor, summer

orientation advisor, resident assistant for the Office of Residence Life, and peer health exchange educator. She was also a public health facilitator, developing a supply chain innovation program to reduce post-harvest waste from unsold produce in Tanzania. Cattaneo was a recipient of the Scarlet Key Award, the highest BU service award given to deserving seniors.

Cattaneo is now working as a contact tracer for Partners in Health and will intern for PA-International this fall, focused on a child malnutrition project in Indonesia. She plans to attend medical school in the future.

## Council OKs Boat Towing Rules

By SCOTT JACKSON

The City Council approved a new ordinance that requires companies that tow boats to follow the same standards as those that tow vehicles.

Mayor Thomas Koch and Ward 1 Councillor David McCarthy introduced the ordinance earlier this year. Councillors approved it in a 7-1 vote on June 1; Ward 4 Councillor Brian Palmucci voted against it and Ward 2 Councillor Brad Croall was not in attendance.

The ordinance prohibits companies from towing recreational vessels in waters under Quincy's jurisdiction unless they provide certain information to the Police Department first. The information includes the registration number and status of the vessel to be towed; contact information for the owner of the boat to be towed; the boat's present location and the location it will be towed to; and a point of contact at the boat's destination.

Lt. Bob Gillan, com-

mander of the Quincy police marine unit, said the ordinance is meant to "require companies that tow boats on the harbor to follow the same protocols as companies that tow cars on the street of Quincy."

The goal, he explained, is to stop vessels from being abandoned on the city's shores.

"Each year, derelict or abandoned vessels show up here in Quincy. They are either driven here by owners or sometimes they are towed here by commercial vessel towing companies. Once the owners walk away from their financial responsibilities, the city usually has to pay the very expensive disposal of these vessels. These vessels contain hazardous materials and they often cause damage to the environmentally sensitive areas of Quincy Harbor," Gillan said.

The problem, he added, is not unique to Quincy.

"This is not a problem that just happens in Quincy.

From Maine to Key West, Florida, you will travel the coastline and you can often see derelict vessels on beaches and on environmentally sensitive areas," Gillan said.

McCarthy said the ordinance would save the city from having to pay to remove boats from its coastal areas.

"It really helps the city and it helps Bob. The bottom line is it saves us a ton of money and a ton of headache in regards to getting it dragged out through the city solicitor's office, etc.," McCarthy said.

"This basically keeps the maritime salvage and towing companies on their toes to report all vessels to the Quincy police. The companies that tow vessels upon the waterways of Quincy will have to follow the same procedures that are required by companies that tow cars. The ordinance is there to prevent water-based towing companies from towing abandoned, derelict vessels into Quincy waters."



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# New Hot Pot Restaurant In North Quincy

By SCOTT JACKSON

A new hot pot restaurant is set to open in a North Quincy storefront that was formerly home to a pizzeria.

The Board of License Commissioners on June 9 granted a common victualer license and a beer and wine license to Thai-C. The June 9 meeting, which was held remotely via Zoom, was the board's first meeting since March.

Thai-C will be located inside the premises at 62-64 Billings Rd., which attorney Meihuei Hu said was most recently a pizzeria. The restaurant will be permitted to open from 11 a.m. to midnight Sunday to Thursday and until 1 a.m. on Fridays and Saturdays.

Hu said the restaurant would have seating for 48 patrons. Each table will have an electric plate that customers can use to cook their own food. The heating element is commonly used in California, according to Hu; she offered to let the Quincy Fire Department inspect them before they are installed to ensure they are safe.

The restaurant will not include a bar area, and all customers will be seated at tables. Hu said providing customers with beer and wine would enhance their dining experience.

"The food is on the spicy

side," she said. "Beer and wine can certainly enhance patrons' experience."

Claire Chen, the manager of the new restaurant, said the space could be ready for an inspection from the Health Department within the next week or two.

Chen has worked at a Cambridge restaurant with its own alcohol license for the past seven years, Hu said, and previously worked in Boston restaurants.

In other business on June 9, the board granted a one-day special-use permit for the annual Feel the Beat 5K. The road race will be held on Saturday, Sept. 12, contingent upon the status of Massachusetts' re-opening plan.

"This is always such a great event for our city," said City Clerk Nicole Crispo, the chairwoman of the licensing board.

Crispo also announced new dates for two other events that were postponed because of the coronavirus pandemic.

The Common Market, which planned to hold a Spring Fling event June 4-6, will now hold a similar event Sept. 17-19.

The Best Buddies Bike Ride, which had been scheduled for June 6, is now slated for Sept. 26.

Both are contingent on the status of the state's re-opening plan.

# Law Firm Donates Bicycle Helmets

Once again, the Boston Law Firm, Breakstone, White & Gluck has donated over 200 bicycle helmets to the Quincy Police Department. The donation comes as part of their 2020 Project KidsSafe campaign.

"We are so thankful to be chosen as a recipient once again this year - for the fourth year in a row," said Sgt. Karyn Barkas. "During this pandemic, we have seen many families enjoying various outdoor activities together. Bicycle riding as a family is an excellent way to get exercise and bond while enjoying the great outdoors!"

"Although the law requires anyone 16 years and younger to wear a helmet, it's important that all bicyclists wear a helmet. Parents that wear helmets set a good example and send a strong message that bicycle safety is important. Helmets are essential because accidents can happen at any time, even on quick trips," Barkas added.

Breakstone, White &



THE BOSTON LAW firm, Breakstone, White & Gluck has donated over 200 bicycle helmets to the Quincy Police Department. From left to right: Officer G. Hartnett, Atty. David White, Officer Whedbee and Officer Mar.

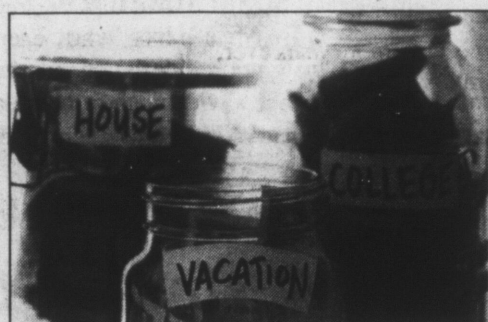
Photo Courtesy Quincy Police Dept.

Gluck founded the campaign in 2013, and so far have donated over 30,000 helmets to various organizations. This year, they are donating 4,000 helmets

in partnership with more than 40 police departments, community organizations, schools, and bicycle committees.

If you, or your child(ren)

need a helmet, email Sgt. Karyn Barkas at kbarkas@quincyma.gov with size(s) needed. First come, first served. Sizes Small, Medium, & Large are available.



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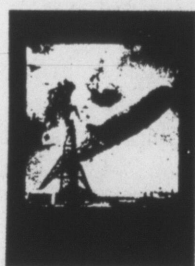
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## Moments in time

THE HISTORY CHANNEL

• On July 4, 1776, in Philadelphia, the Continental Congress adopts the Declaration of Independence, which proclaims the independence of a new United States of America from Great Britain. The declaration came 442 days after the first shots of the American Revolution.

• On July 2, 1937, the Lockheed aircraft carrying American aviator Amelia Earhart and navigator Frederick Noonan is reported missing in the Pacific. No trace of Earhart or Noonan was found. However, photos taken years later in the Marshall Islands were believed to be of Earhart and Noonan.

• On July 3, 1958, President Dwight Eisenhower signs the Rivers and Harbors Flood Control Bill, which allocates funds to improve flood-control and water-storage systems. The bill was introduced in the wake of disastrous hurricanes that hit the U.S. in 1955.

• On June 30, 1974, Soviet dancer Mikhail Baryshnikov defects from U.S.S.R. after four years of planning. While touring in Canada, Baryshnikov evaded his KGB handlers at the end of a performance, disappearing into the crowd outside. He hid until he was granted political asylum.

• On July 1, 1984, the Motion Picture Association of America introduces a new movie rating, PG-13. The action film "Red Dawn" became the first-ever PG-13 movie.

• On June 29, 1995, the American space shuttle Atlantis docks with the Russian space station Mir to form the largest man-made satellite ever to orbit the Earth. It marked the 100th human space mission in American history.

• On July 5, 2003, the World Health Organization (WHO) announces that all person-to-person transmission of Severe Acute Respiratory Syndrome (SARS) has ceased. In the previous eight months, the disease had killed 775 people in 29 countries. The first cases of SARS, caused by the SARS coronavirus, appeared in China in November 2002, and soon spread around the world via air travel.

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## Mica Curtin-Bowen Earns B.A. Magna Cum Laude

Mica Curtin-Bowen of Quincy recently graduated from Muhlenberg College in Allentown, PA.

Curtin-Bowen graduated magna cum laude with a bachelor of arts in public health and a minor in dance.

## Meghan Forde Graduates Assumption College

Meghan Forde of Quincy recently graduated from Assumption College in

Worcester.

Forde earned a bachelor's degree in marketing.

# AARP Monthly Fraud Watch Update

By CINDY CAMPBELL  
Communications Director  
AARP Massachusetts

Did you know that someone's identity gets stolen every two seconds?

The AARP Fraud Watch Network provides you with tips and resources to help you spot and avoid identity theft and fraud so you can protect yourself and your family. Our watchdog alerts will keep you up to date on con artists' latest tricks. It's free of charge for everyone: AARP members, non-members, and people of all ages.

The AARP Fraud Watch Network is:

• **An Educator:** Get real-time alerts about the latest scams, tips on how to spot them, and the inside scoop on how con artists think so you can outsmart them before they strike.

• **A Watchdog:** Our nationwide scam tracking map gives you access to a network of people who've spotted scams and the opportunity to pass along your own experiences, so together we can beat con artists at their own game.

• **A Resource:** Get connected to a real live person trained in how to avoid fraud and advise you if you or a loved one has been scammed by calling our fraud hotline or attending a forum in your community.

• **Free for Everyone:** Anyone, of any age, can access our resources at no cost.

### SCAM ALERT #1:

#### Home Improvement Scams

With economic recovery checks arriving in bank accounts, scammers are lurking trying to separate recipients from their needed financial resources. One way this is happening is shady contractors showing up at people's front door offering to fix their roof or driveway at a discounted price. These scams usually start with a deep discount and a down payment and then the friendly contractor disappears.

Beware of contractors who say they stopped by because they just happen to be in your neighborhood. And always get at least three bids and check references.

### SCAM ALERT #2:

#### Do Me a Favor Scam

The current "new normal" of so many people working from home has opened a wide window for scammers. They are taking advantage of so much work and decision-making

being conducted by e-mail.

One such scam involves a "boss" emailing to ask an employee to help purchase gift cards, and once purchased, to share the information on the cards. It's only later the employee realizes that the boss's email address was spoofed, and the money is long gone. There are variations on the theme, and a recent episode of AARP's The Perfect Scam podcast shares how this happened to Shark Tank's Barbara Corcoran.

### SCAM ALERT #3:

#### Travel Scams

Summer has arrived and people are starting to venture out. With lots of pent up energy and a need for a good deal, travel scams are booming. So remember, as you search for savings on lodging and flights, keep a sharp eye out for deceptive offers and outright scams that could cost you a bundle. Common scams include lookalike websites for airlines and popular travel companies, emails offering free flights but requiring credit card information or click to links that download malicious software.

To ensure a safe summer getaway, be wary of hotel or airline deals that are just too good to be true and be on the lookout for websites with odd spelling or grammatical errors, which indicate it may have been created by a scammer in a foreign country.

### SCAM ALERT #4:

#### Avoiding Health Care Scams

Fraudsters follow the headlines, taking advantage when an outbreak like coronavirus, Ebola or swine flu makes global news. Until there is a readily available treatment and vaccine for this outbreak, we can expect these scams to continue.

Be skeptical of claims made for untested or little-known health products and closely check email and web addresses in messages purporting to be from major health organizations like the CDC and WHO. Most importantly, never give out your Medicare or health insurance information to anyone other than your trusted health care providers.

**Be a fraud fighter! If you can spot a scam, you can stop a scam.**

Report scams to local law enforcement. Contact the AARP Fraud Watch Network at [www.aarp.org/fraudwatch-network](http://www.aarp.org/fraudwatch-network) for more information on fraud prevention.

## MassDOT Funding Program To Help Cities, Towns Create Shared Streets, Spaces

The Massachusetts Department of Transportation (MassDOT); in partnership with the Barr Foundation, announces Shared Streets & Spaces, a funding program to provide technical and funding assistance to help Massachusetts cities and towns conceive, design and execute shared streets and spaces projects and engage their residents and businesses in that process.

The quick-launch/quick-build grant program will provide grants as small as \$5,000 and as large as \$300,000 for municipalities to quickly launch or expand improvements to sidewalks, curbs, streets, on-street parking spaces and off-street parking lots in support of public health, safe mobility and renewed commerce in their communities. These improvements can be intentionally temporary, in the style of tactical urbanism, or can be pilots of potentially permanent changes to streets and sidewalks.

"This funding program will help cities and towns create safe spaces outside to help with physical-distancing as we reopen our economy and continue to fight the spread of COVID-19," said Gov. Charlie Baker. "The more we can do to increase

shared spaces, the safer it will be to resume activities such as taking public transportation, going shopping and dining out."

"Like Complete Streets, the Shared Streets & Spaces program will create safe ways for people to walk, bike, and use transit as they take advantage of reopening restaurants and retail locations in their communities," said Lt. Governor Karyn Polito. "This program will quickly provide flexible funding that will allow communities to launch projects within weeks and see the benefits this summer and fall, whether nicer areas for outdoor dining or safe routes to school for students who may prefer to walk or bike when it's time to return to classrooms."

Types of projects may include:

• **Shared Streets and Spaces:** supporting increased rates of walking and/or biking by increasing safety and enabling social distancing

• **Outdoor Dining and Commerce:** calming roadways, modifying sidewalks and streets, and/or repurposing on- or off-street parking to better support curbside/sidewalk/street retail and dining

• **Better Buses:** supporting safer and more reliable bus transit, including expanded bus stops and lanes dedicated for bus travel, (extra scoring credit will be granted for dedicated bus lanes)

• **Safe Routes to School:** creating safe routes to schools (and childcare and programs for children and youth), including safer walking and biking networks with lowered vehicle speeds

Shared Streets & Spaces grants will be made expeditiously and on a rolling basis. Once awarded, funding will be made available as simply and quickly as possible so that projects can be built and used this summer and fall. MassDOT has allocated \$5 million for this 100-day program.

Applications will be accepted from June 22 through Sept. 29 and projects must be mostly or completely implemented by Oct. 9. Although projects of all types and sizes are welcome and may be funded, preference will be given to projects that can be operational within 15-30 days of award, projects in designated Environmental Justice areas and projects that show strong potential to be made perma-

nent.

"Streets and sidewalks, parking spaces and parking lots are public spaces that can be re-imagined and repurposed to serve as a key ingredient in the reopening and economic recovery process, as well as to help make our communities more resilient for the future," said Transportation Secretary and CEO Stephanie Pollack. Secretary Pollack also thanked the Barr Foundation for partnering with MassDOT to provide technical assistance to cities and towns interested in experimenting with shared streets and spaces, adding, "We encourage every city and town to make use of this technical assistance and apply for funding. Somewhere in every community there is an opportunity to better share streets and sidewalks to make walking, biking and bus use safer and more socially distanced and to repurpose streets and parking to support 'Main Street' restaurants and retailers."

"Now is the time to respond to our communities' immediate needs in ways that make our streets and public spaces more accessible and equitable for people," said Mary Skelton

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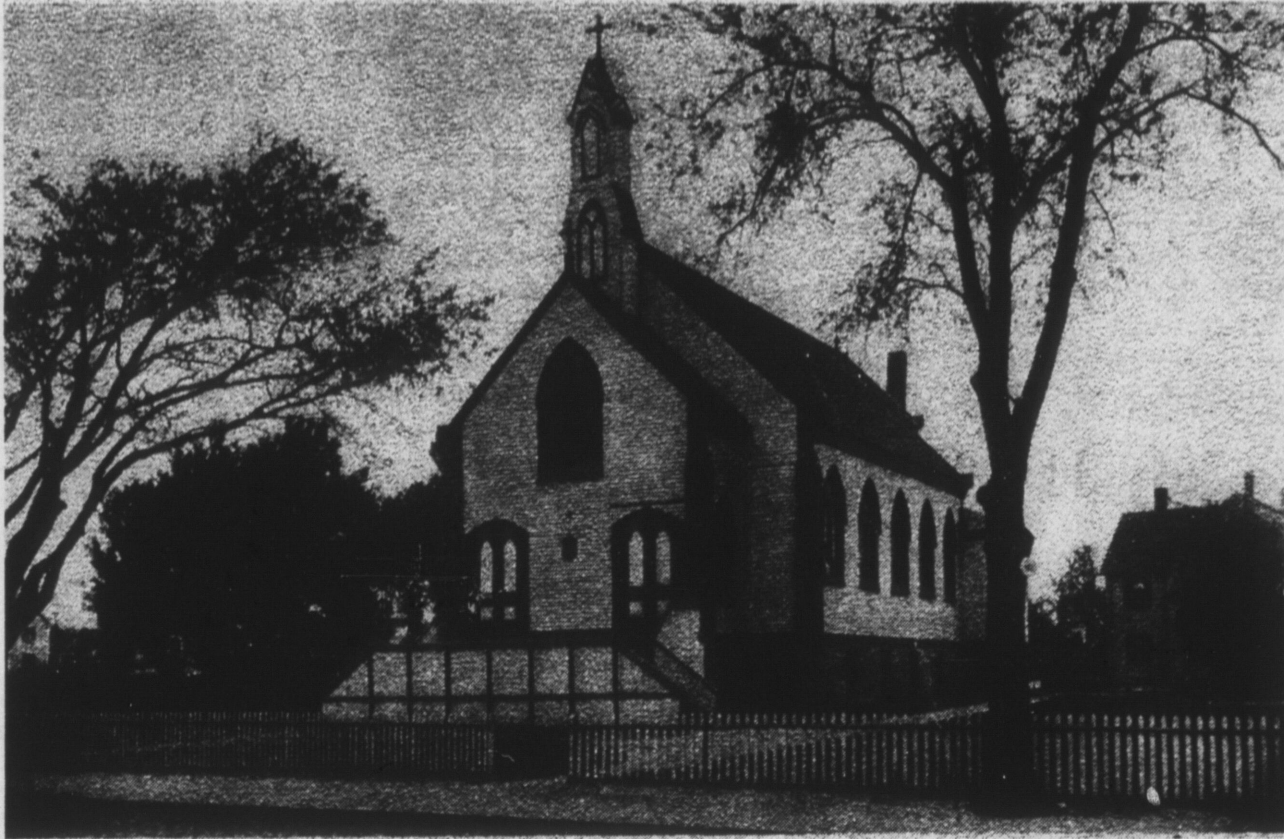
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## Scenes From Yesterday



THIS IS A 1908 postcard view of the original Sacred Heart Catholic Church that was on the corner of Hancock and Hunt Streets in North Quincy. This is now the site of a gas station. Father Francis Frigugliette built this building as a mission church of St. John's parish where he was a curate in 1878; Archbishop Williams consecrated it. Fr. Francis as he was known later became pastor of St. John's and established two other mission churches: St. Francis-by-the-Sea in Houghs Neck and St.

Francis of Assisi in Braintree. He also served as pastor of St. Mary's Church in West Quincy. He was known and revered as Quincy's pastor for 32 years. Sacred Heart became a separate parish in 1903 and in 1924 moved to a new building located on the corner of Glover Avenue and Hancock Street. This old church was demolished in 1929 and the land was sold.

*From the Postcard Collection of Tom Galvin*

## Quincy's Yesterdays

This Week  
1977  
43 Years Ago

### Chiefs Oppose Safety Commission As 'Step Backward'

The chiefs of the Quincy Police and Fire Departments reacted in outspoken opposition to Mayor Joseph LaRaia's proposal for a three-member Public Safety Commission to supervise their operation.

Police Chief Francis Finn called the proposal a "step backward. It is an old hat that doesn't fit today. It smacks of a civilian review board over the Police Department which has been a disaster where it has been tried in this country."

Fire Chief Edward F. Barry called it "definitely not a step forward for the Fire Department." He launched a ringing defense of Quincy firefighters.

#### RAYMONDI COMMENDS POLICE FOR SHIPYARD TOWING

Ward 2 City Councillor Daniel Raymondi commended the Quincy Police Department for "concerted efforts" to clear the streets and sidewalks of illegally parked vehicles in the area of the General Dynamics Shipyards.

Raymondi noted that one of his first acts as a city councillor was to re-introduce a towing ordinance that would empower the Police Department to remove illegally parked vehicles in certain tow zones.

Raymondi said an intensified effort the past week resulted in about 100 vehicles being removed from the streets and sidewalks in the shipyard area.

#### DUKAKIS TO SIGN NUT ISLAND BILL HERE

Mass. Gov. Michael Dukakis was due in Quincy to sign into law a measure that would prevent the MDC from filling 26 acres of Quincy Bay in order to expand the Nut Island Sewage Treatment Plant.

The bill was sponsored by Rep. Thomas Brownell and amended by Sen. Arthur Tobin.

"This is a great day for Quincy," said Tobin. "Particularly for residents who would have been most directly affected."

#### QUINCYISMS

City Councillor James Sheets announced his candidacy for a third term as Ward 4 councillor. Sheets is also a state representative... Four new Quincy firefighters were sworn into office by City Clerk John Gillis. They included Joseph Ceurvels, Edward McGuinness, John Keenan and John Carroll. Chief Edward Barry, Mayor Joseph LaRaia and Councillor at-Large Paul Harold attended the swearing in ceremony... Rosanne Viegas, daughter of Mr. and Mrs. Steve Viegas, 95 Butler Rd., Merrimount, recently graduated from Stonehill College, magna cum laude, with a degree in economics and a minor in Spanish... Four students from Quincy attending the Woodward School for Girls will participate in the High School Summer study program in Spain. Deborah Malloy, Nancy Currier, Carolyn Madden and Janine MacKinnon will fly from New York to Madrid July 5... The elementary school lunch for Monday, June 20 included: "Your favorite summer cooler, Italian pizza with cheese, a Twinkie and a beverage"... Three hundred guests were in attendance as Mr. and Mrs. Francesco LaRosa of Washington St., Quincy, celebrated their golden wedding anniversary. The LaRosas were married in the Sacred Heart Church in Waltham June 5, 1927... Louise Rhoda was scheduled to be installed as president of the Wollaston Legion Post Auxiliary at a buffet luncheon at the Post Home, Weston Avenue, June 21... The Concerned Parent Teacher Organization of the Snug Harbor School was sponsoring a barbecue for the 25th graduating class. Principal John Finnerty will be the chief cook. Coordinator of School Food Services George Cole baked a special cake for the celebration... The St. John's Parish annual reunion was scheduled to be held Sunday, June 19 at Lantana in Randolph. Miss Mabel Pratt will be mistress of ceremonies. Special guests will be former pastors and assistant pastors who have served at St. John's... The Quincy Education Association (QEA) announced its new officers for the 1977-1978 year. They are: Mary Curtin, president; Maureen O'Brien, vice president; Jo-Ann O'Malley, secretary and Walter Peters, treasurer... The Committee to Elect Mary Collins to the School Committee was sponsoring a fundraiser reception for Thursday, June 30 at the Knights of Columbus Hall, North Quincy... Joseph Manning, son of Mrs. Irene Manning, 20 Exeter St., Wollaston, was recently promoted to Army First Lieutenant while serving with the 82nd Airborne Division at Fort Bragg, N.C.

### Four Quincy Students On Endicott College Dean's List

Four students from Quincy are on the Dean's List for the spring semester at Endicott College in Beverly.

They are:  
Serena Greaves, studying psychology; Sarah McGowan, studying nursing; Michaela Pettinelli, liberal studies/education major; and Amy Trillcott, exercise science major.

## READERS FORUM

### We Need To Move Forward Together

To the editor,  
As someone who read the Quincy Sun (June 11) and noticed the numerous letters from readers in reaction to some of Mayor Tom Koch's opinions on what happened to George Floyd at the hands of members of the Minneapolis Police Department, Koch talked about how sickening it was to see how Floyd spent his last 8 minutes and 46 seconds of his life thanks to having a police officer's knee pressed into Floyd's neck.

I saw nothing disrespectful about how the mayor addressed the issue of violence and civil unrest. A society is maintained by both law and order but when officers of the law violate the rights of anyone, there is no order. Floyd's last 8 minutes and 46 seconds of life was senseless. All four officers have been charged in connection to his death.

I didn't see any knee-jerk reaction denial of anything by the mayor. He did use two words that seemed to bother many. Using "thugs" and "animal behavior" didn't really sound like hateful or racist. He was talking about those who misused a peaceful assembly of citizens airing their grievances.

Looting stores and carrying off anything they could carry does make them thugs no matter their skin color. I admit the term "animal" might have been unwise but it doesn't mean Koch was using hate speech.

I think we as Americans must find ways to come together but too often folks in the Black Lives Matter crowd are not interested in dialogue or debate but just having their own way.

As a retired police officer of 28 years, I feel it is just as wrong to lump all police officers together with the actions of those we saw in Minneapolis who ended Floyd's life so barbarically. Our Bill of Rights is for all

of us. I took part in a peaceful gathering myself appalled by what I saw happen to George Floyd.

Koch wasn't calling peaceful protesters names, he was calling those who started ripping off merchandise from stores in a scary-looking "wilding" scene straight out of a bad movie. It had nothing to do with justice for George Floyd and more to do with stealing stuff for themselves.

The way many are looking at the police today, one would think the cops were the old Stasi in former East Germany. We need to come together as one people, one nation again. We all need

some healing and it starts when we stop yelling at each other and listen.

Minneapolis showed us how far apart we are from each other; we need to learn from our reactions to what we witnessed. We as a people need to move forward together and see ourselves inside those 8 minutes and 46 seconds.

It was like America having freeze in place. Our nation is flawed.

We are all flawed. But we can learn and grow together. We don't live in Utopia. We live in the real world. We can get beyond where we are today.

We have to, don't we?

Sal Giarratani  
Boston

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## AAA Urges Parents, Teens To Focus On Safe Driving This Summer

As teen drivers venture out this summer, AAA Northeast is urging parents and teenagers to have a frank discussion about driving safely during the "100 Deadliest Days" between Memorial Day and Labor Day.

A recent AAA analysis of crash data between 2015 and 2019 shows that June is the deadliest month for teen

drivers and their passengers in Massachusetts. Last year, more than 4,700 teen drivers in Massachusetts were involved in crashes between Memorial Day and Labor Day. In those crashes, 631 teens were injured — a rate of one injured teen every four hours.

And it's not just teen drivers who are getting hurt or killed. June is also the

No. 1 month for crashes where teen drivers carried at least one teen passenger. AAA Foundation for Traffic Safety research shows that the risk of a crash or fatality increases dramatically when teens drive with one or more passengers under 21. Compared to driving with no passengers, a teen's risk of death per mile driven increases 44 percent with

one under-21 passenger, doubles when carrying two and quadruples when carrying three. That's why AAA encourages all parents and teens—not only those who have a license—to practice and promote safe driving habits, model good behavior for young drivers, and limit distractions.

Nationwide, more than 8,300 people died in crashes involving teen drivers from 2008 to 2018 during the "100 Deadliest Days," an average of seven people each summer day. With schools closed, many summer jobs cancelled, camp activities curtailed, and COVID-19 restrictions being lifted, this summer brings heightened concern as teens take to the road.

Additionally, reduced traffic volume due to the pandemic has sparked a rise in speeding on Massachusetts roadways. Young drivers might be tempted to speed on the open road,

or could encounter speeding vehicles with less time to react and avoid a potential crash. In light of this increase in speeding, complying with state law and wearing a seat belt is more important than ever.

Parents and teens should also review the new hands-free law enacted earlier this year, which prohibits holding or manipulating an electronic device while behind the wheel and requires the use of hands-free technology to place calls or interact with a navigation system beyond a single swipe or tap. Eliminating potential distractions is one of the best techniques to reduce crash risk.

"The last decade of crash data shows that teens continue to be over-represented in crashes and summertime marks an increase of fatal crashes for this age group," said Mary Maguire, Director of Public and Legislative Affairs at AAA Northeast.

"The data analysis has found that for every mile driven, new teen drivers ages 16-17 years old are three times more likely to be involved in a deadly crash compared to adults."

Due to their inexperience, teen drivers are at a higher risk of crashes. According to the new AAA Foundation Traffic Safety Culture Index, about 72% of teen drivers aged 16-18 admitted to having engaged in at least one of the following risky behaviors in the past 30 days:

- Driving 10 mph over the speed limit on a residential street (47%)
- Driving 15 mph over the speed limit on a freeway (40%)
- Texting (35%)
- Red-light running (32%)
- Aggressive driving (31%)
- Drowsy driving (25%)
- Driving without a seat belt

Cont'd On Page 10

## Virtual Exhibit June 16 - July 31 Features Art By Michael Eder

Milton Public Library announces a new virtual art exhibit on the library's website from June 16 through July 31 featuring art work by contemporary painter Michael Eder.

Eder creates colorful, modern pieces which cover a range of interesting subjects:

"These waterfalls and rivers series are metaphors for both the present and the historic past states of chaos in our communities," Eder says. "The destructiveness of water together with water as the source

of life is the push and pull that has always drawn me to paint moving bodies of water. During our confinement, I've made continuous studies of the Neponset, especially by the falls. I'm learning about the stories of the Massachusetts (tribe) whose center was around the fresh and salt waters at the falls."

Eder was born in Bogata, Columbia with an Argentine mother and an American father. Previously he worked in New Mexico, Banff, Canada, New Orleans, New

York, and Maine. Since moving to Milton 20 years ago, he has had his studio in Fort Point and now in the South End. He has taught art at Boston Collegiate Charter School since 1999.

Go to [www.miltonlibrary.org](http://www.miltonlibrary.org) and click on "Explore" and then "Virtual Artist Gallery" from the main page, starting on June 16 to view this display. For more information about displaying your art at the Library, contact Jean Hlady, head of Adult Services/Reference, at [jhlady@ocln.org](mailto:jhlady@ocln.org).

## WHAT'S COOKING

with  
**Marie & Susie**

By MARIE D'OLIMPIO and SUSIE FALCO



## Spinach Pesto Sauce & Tortellini

By MARIE

Whenever I talk to my nephew, Chuck, he tells me about his latest recipe that he and his wife, Julianne made. They are always making something fresh, wholesome and delicious!

Today's recipe for Spinach Pesto Sauce is another one of their recipes that I wanted to share.

### INGREDIENTS:

- 1/4 cup almonds or pine nuts
- 1/3 cup freshly grated Parmesan cheese
- 1 cup baby spinach
- 1 tablespoon minced garlic
- 1/4 cup extra virgin olive oil + 2 more tablespoons

- 12 ounces of tri-color Tortellini
- 4 thin sliced chicken breasts coated with 2 tablespoons of olive oil.

In a food processor, combine the nuts and cheese. Process until the nuts are broken into small pieces.

Add the spinach and garlic. Process for 1 minute or until the spinach is shredded.

Add the olive oil and process for 30 seconds or until the mixture is smooth.

Cook 12 ounces of tortellini according to directions. Drain.

In a skillet, sauté the chicken in 2 tablespoons of olive oil (use more if needed).

When chicken is done, cut it in small cubes.

Place tortellini in bowl, toss the chicken with tortellini together and top with pesto.

## Almond Flour Muffins

By SUSIE

Here is a very simple recipe that is made with just a few ingredients taken from a wonderful baker named Elena from Elena's pantry. She is on a special low carb diet and only uses almond or coconut flour for her baked goods.

This muffin is very versatile. You can add in berries or whatever you like. Basically this is a "basic" muffin recipe, just using almond flour and not wheat flour, high in protein and fiber. Make sure you get "blanched" almond flour because the unblanched is too heavy and oily. I like the Honeyville brand the best. This brand is only sold online, but worth it. It is very light and fluffy and produces a far better baked good.

### RECIPE

- 4 ounces blanched almond flour (not almond meal) (about 1 cup)
- 4 ounces eggs (about 2 large eggs)
- 1 ounce honey (around 1 tablespoon)
- 1/4 teaspoon baking soda
- 1/2 teaspoon apple cider vinegar

### INSTRUCTIONS

In a medium bowl, combine almond flour and baking soda.

In a large bowl combine eggs, honey and vinegar.

Stir dry ingredients into wet, mixing until combined.

Scoop about 1/4 cup of batter at a time into a paper lined muffin pan

Bake at 350 degrees for 15 minutes, until slightly browned around the edges

Cool in the pan for 1/2 hour.

Serve with butter and jam.

The AAA Foundation for Traffic Safety's latest research finds drivers who have been in at least one crash in the past two years are significantly more likely to engage in risky behaviors like speeding or texting, even when they think the police may catch them. After three months of staying at home, AAA urges drivers to keep everyone safe on the roads and warns motorists against falling back into dangerous driving habits. "The frequency of drivers in the United States engaging in improper behavior is too high. While drivers acknowledge that certain activities behind the wheel — like texting, are dangerous, some do them anyway," said Mary Maguire, director of Public and Affairs for AAA Northeast. "We need to be aware of the serious consequences of engaging in these types of dangerous driving behavior and change course."

The Foundation's annual Traffic Safety Culture Index (TSCI), which highlights the gap between drivers' attitudes and their reported behaviors, found that drivers perceive distracted, aggressive and impaired driving as dangerous. Yet many of them admit to engaging in at least one of these exact behaviors in the 30 days before the survey. The numbers were even higher for those involved in a recent crash:

- 50% of those involved

in a recent crash admit to talking on a hand-held device while driving in the past month vs. 42% not involved in a crash

• 43% of those involved in a recent crash admit to texting while driving in the past month vs. 27% not involved in a crash

• 39% of those involved in a recent crash admit to running a red light in the past month vs. 30% not involved in a crash

This data shows that people are not altering their behavior even when it has resulted in a crash.

Of all dangerous driving tasks, drivers dubbed these two extremely or very dangerous:

• Driving when so tired, it was hard to keep your eyes open (96%)

• Driving while typing or sending a text message or an email (96%)

Yet these same drivers text when behind the wheel, even believing there is a risk of getting caught by police for reading (43.7%) or typing (42.7%) a text message.

It's not all bad news. When compared with 2018 findings, drivers reported they are engaging in some dangerous behaviors less frequently. Drivers who said talking on a hand-held cell phone saw the most significant decrease, down from 52.1% to 43.2%, while drowsy driving and texting both fell by 3 percentage points.

"If you point to the dan-

gerous driving behaviors of others that you sometimes do yourself, then you are the problem," Maguire said. "I'm encouraged to see a slight shift toward safer driving behaviors, but we have more work to do. Stay focused on driving. This is a must."

AAA recommends these safety tips to keep in mind.

• **Out of sight, out of mind.** Stow your smartphone away, turn it to airplane mode, or activate call/text blocking features like Apple's Do Not Disturb.

• **Slow down:** Drivers tend to overestimate time saved by speeding. You'd have to travel 100 miles to save roughly 5 minutes, moving at 75 mph instead of 70 mph. Speed kills and isn't worth the cost.

• **Stay alert.** Stop driving if you become sleepy because you could fall asleep at any time. Fatigue impacts reaction time, judgment, and vision, causing people who are very tired to behave in similar ways to those who are drunk.

• **Only drive sober.** If you consume marijuana, alcohol, or use potentially impairing prescription medications, then don't drive. And if you're going to drive, then don't consume these substances. If you are taking prescription medications, visit Roadwise Rx to learn if they can impair driving.

• **And always wear your seat belt.**

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## Social Security Matters

### Ask Rusty – When Should We Claim Our Benefits?

By RUSSELL GLOOR  
AMAC Certified Social Security Advisor  
Association Of Mature American Citizen

**Dear Rusty:** We served overseas for several years, not earning many quarters for Social Security. However, we have made sure that we paid in over time so we can receive a benefit, but it will not amount to much. For the past several years now, we have been back in the U.S., earning some professional salaries. Now it looks like at full retirement age my husband will get \$1,147/month, and I will get \$1,026/month. I was born in 1957 and my husband in 1956. Question #1: For the most financial benefit, when should we each start collecting SS (either now or at full retirement age)? And question #2: Will our amounts change because we are married and both collecting? **Signed: Overseas Worker**

**Dear Overseas Worker:** To answer your second question first, no, your benefit amounts will not change because you are married and both collecting. Based upon the numbers you provided, neither of you will be eligible for a "spousal boost" from the other because your benefit amounts at your FRA are too similar, so maximizing your individual benefits should be your goal.

As for your other question, when you should start collecting depends upon a number of factors, including your financial needs and, importantly, your expected longevity. Both of you can get the maximum benefit available to you by waiting until you are 70 years old to claim, but that only makes sense if you are in good health and expect at least average longevity (about 84 for a man and 87 for a woman).

If you claim benefits before you reach your full retirement age (66 ½ for you and 66 plus 4 months for your husband), those benefits will be cut. If you collect now, your benefit would be cut by about 27% and your husband's by about 22% (based upon your respective years of birth). Further, if you claim before your full retirement ages and continue to work, you'll be subject to Social Security's earnings test, which limits the amount you can earn before they take back some of your benefits (the 2020 earnings limit is \$18,240; if you exceed that they'll take back half of anything you earn over the limit). The earnings limit changes annually but goes away at your FRA.

At your full retirement ages, you'll be entitled to 100% of the benefits you've earned from your lifetime of working (approximately the amounts estimated now). If you can and do wait beyond your full retirement age (FRA), for each month you delay you'll earn delayed retirement credits of 2/3 of 1% per month of delay (8% per year of delay), up to age 70 when your maximum benefit is reached. As a point of information, if you wait until your full retirement age to claim, you will have collected the same amount of money at age 78 as if you had claimed at age 62; and if you wait until age 70 to claim you'll have collected the same amount of money at age 82 as if you had collected at your full retirement age. If you live at least until "average" longevity, you'll collect more in cumulative Social Security benefits by waiting.

So, when should you claim? If you're still working and earning "professional salaries", then waiting at least until your full retirement age would be a wise choice. If you expect at least average longevity and don't need the money right away, waiting until age 70 would be a prudent strategy. But if you don't work and expect less than average longevity, then claiming at any time you need the money would be a reasonable decision. This is a choice only each of you can make.

*This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.*

To submit a question, visit [amacfoundation.org/programs/social-security-advisory](http://amacfoundation.org/programs/social-security-advisory) or email [ssadviser@amacfoundation.org](mailto:ssadviser@amacfoundation.org).

## Social

### Three Residents Graduate Saint Anselm College

Three students from Quincy recently received degrees from Saint Anselm College in Manchester, N.H. They are: Caroline Donnelly, bachelor of science, nursing; John Loughnane, bachelor of arts, criminal justice; and Miquela Murray, bachelor of arts, chemistry, cum laude.

### Karen Urdaneta Receives Lasell University Book Award

Karen Urdaneta of Quincy, a recent graduate of Lasell University in Newton, received the institution's prestigious Book Award in Sociology. Urdaneta was selected as one of 28 recipients of the award, which is presented to a graduating senior in each major who has demonstrated a commitment to excellence. The Lasell University faculty award that student with a book chosen specifically for them.

### Nine Quincy Students On Lasell Dean's List

Lasell University announces nine students from Quincy are on the Dean's List for the spring semester. They are: Timothy Gilgallon, Kelly O'Connor, Karen Urdaneta, Vannessa DeMore, Gabriella Bertoldi, Naomi Kane, Luca Smith, Kayla Graulau and Kiet Nguyen.

### Kate Lydon Graduates Fairfield

Kate B. Lydon of Quincy recently graduated from Fairfield University in Fairfield, CT.

### Mary Fitzgerald On Dean's List

Mary Fitzgerald of Quincy has been named to the Dean's List for the spring semester at Connecticut College in New London. Fitzgerald, a member of the Class of 2022, is a dance major.

### Judy Flynn Serving As Director Of National Academy Of Elder Attorneys

Quincy attorney Judy Flynn is a returning member of the National Academy of Elder Law Attorneys Board of Directors for 2020-2021.

The NAELA is an association of attorneys dedicated to improving the quality of legal services provided to older adults and people with disabilities.

Flynn is in the midst of her first two-year term on the NAELA Board, and serves as co-chairperson of NAELA's State Advocates Committee. NAELA's state and federal advocates collaborate to oppose detrimental changes in laws and policies affecting elders and the disabled. One of their current priorities is protecting and expanding Home and Community Based Services (HCBS), which allow elders to avoid nursing home placement by receiving the care they need in the community.

"Federal law mandates nursing home care, but makes HCBS optional," explained Flynn, "an institutional bias that must change."

The team will also meet with clients at their home or facility when appropriate. To reach Flynn and the entire team at Falco & Associates, P.C. call 617-472-3341.



JUDY FLYNN

Flynn owned her own practice on the South Shore from 2004 until 2016, when she joined the firm of Falco & Associates, P.C. in Quincy. Falco & Associates, P.C. provides elder law and estate planning services with a comprehensive, holistic model. Appointments can be scheduled in Quincy or at one of the firm's satellite offices in Danvers, Arlington, Framingham or Hyannis, or via conference call or Zoom.

## 5 Tips To Keep Mosquitoes Away

Summer is on its way, which means so are mosquitoes. The flying pests invade neighborhoods like an army, but they aren't just a backyard nuisance with bites that itch. They also can carry dangerous diseases, including West Nile virus and Zika.

Most regions of the U.S. have issues with mosquitoes, but knowing prevention and mitigation measures can stop them from mushrooming into a big problem, says Dr. Craig Stoops (www.mosquito-authority.com), a retired U.S. Navy medical entomologist and chief science officer at Mosquito Authority, a mosquito control company.

"People are unfortunately attracted to mosquitoes," Dr. Stoops says, "but there are numerous ways we can avoid the irritation and the potential danger of a bite. So much has to do with preparing your property and knowing how mosquitoes thrive."

"Some people are more susceptible to bites than others. Mosquitoes can be attracted to different chemicals found in human skin. But just because mosquitoes are an inevitable part of summer doesn't mean you're defenseless."

Dr. Stoops offers five tips on reducing the appearance of mosquitoes and their bites:

ance of mosquitoes and their bites:

- **Consider a professional service.** Sometimes people prefer to do it themselves when it comes to fixing home issues, but they later find that a persistent problem is often better left to trained professionals.

- **Companies that specialize in mosquito control can effectively address the problem by implementing an entire program over a period of time, including follow-ups.** Dr. Stoops says, "There is a science and strategy to a program, and it requires considerable knowledge of how to treat different types of yards in different regions of the country. A good company in this industry continually educates its people as well as the consumers on how to effectively stay ahead of the problem."

- **Get rid of standing water.** Still water is a perfect breeding ground for mosquitoes. Common places of standing water include: clogged drain gutters, corrugated drain pipes, bird baths, pet bowls, planters, trash and recycling bins, children's toys, and kiddie pools.

- **It is important to remain vigilant and remove any containers and debris from your yard to lower the habitats available to mosquitoes.**

toes," Dr. Stoops says. "A mosquito needs only about a tablespoon of water to lay eggs."

- **Use safe repellents.** Repellents registered by the Environmental Protection Agency have been reviewed and approved to pose minimal risk when used properly.

- **Some of the most effective ingredients commonly referred to in a repellent are DEET, Picaridan, and oil of lemon eucalyptus,"** Dr. Stoops says. EPA-approved repellents provide up to two hours of protection.

- **Dress appropriately.** "Studies have shown that some mosquitoes are more attracted to dark clothing," Dr. Stoops says. "Avoid wearing lightweight, thin materials, which mosquitoes can bite right through. Instead, opt for tightly woven materials, like cotton, denim, nylon, or windbreaker-type materials, which are

more difficult for the bugs to penetrate. Clothing that provides UV protection is typically tightly woven and often protects against insect bites, too."

- **Keep your landscape clean.** "Trimmed trees and shrubs improve a property's air circulation," Dr. Stoops says. "The increased air flow will physically push mosquitoes out of that area and remove the environment they thrive in. Also, there are some gardening choices that can deter mosquitoes: basil, lavender, and catnip are all plants that mosquitoes don't like."

- **"Many people just think of bug spray during mosquito season,"** Dr. Stoops says. "The main idea should be to keep them out of your yard as much as possible. From there, considering summer is the time to get away, always prepare for your environment, especially if hiking or camping."

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# Church Delivers 20 Tons Of Food To Local Pantries

*The Church Of Jesus Christ of Latter-Day Saints Donates 41,695 Pounds Of Nonperishables*

Volunteers unloaded more than 20 tons of non-perishable foods from a tractor trailer into a warehouse in Rockland June 4 to be distributed to South Shore residents in need. The food, donated by The Church of Jesus Christ of Latter-day Saints, was sent to aid two local food pantries to serve the influx of clients they've seen since the onset of the coronavirus health crisis.

Since the pandemic began, food pantries have been, and continue to be, on the front lines by providing necessities to local families who are struggling. This donation will provide the equivalent of 42,000 meals to the clients of Interfaith Social Services (serving residents of Weymouth, Quincy, Braintree, Randolph, Holbrook, Milton, Scituate, Cohasset, Hull and Hingham) and Weymouth Food Pantry (serving residents of Weymouth).

"This donation is made possible by the donations of our members across the world," said Jared Heaton, president of the Hingham Stake of The Church of Jesus Christ of Latter-day Saints. "We encourage members of the Church to volunteer their time and their financial resources to help those in need...Right now we know we have many neighbors



RILEY SALANI, a Weymouth Food Pantry volunteer, helps transport boxes of food to Interfaith Social Services' food pantry. The Church of Jesus Christ of Latter-day Saints donated 41,695 pounds of nonperishable food to the two pantries. Photos Courtesy Interfaith Social Services

that are in need and are looking for help and assistance and I'm really excited that we can be here to help them and to support them."

Disruptions in food supplies, due to coronavirus, have made it difficult for food pantries to keep shelves stocked with basic nonperishables. This donation, which includes staples

such as soup, pasta, canned vegetables, flour, sugar and shelf-stable milk, will help to fill that need.

South Shore residents in need of food are encouraged to register at their local food pantries. A list of emergency food resources available by zip code is available at <https://www.gbfb.org/need-food/>.

In addition to one of Greater Boston's largest food pantries, Interfaith operates the New Directions Counseling Center, which provides mental health counseling and ad-

diction recovery treatment to hundreds of local individuals and families, as well as HomeSafe, a budget counseling and homelessness prevention program. Interfaith also houses the

volunteer-run Bureau Drawer Thrift Shop, a boutique-style shop whose proceeds support the organization.

Find out more about the organization at [www.interfaithsocialservices.org](http://www.interfaithsocialservices.org).



JARED HEATON, president of the Hingham Stake of The Church of Jesus Christ of Latter-day Saints, left, and Zane Atwood, Interfaith Social Services' Assistant Food Rescue Driver, right, help unload boxes of cooking oil at Interfaith on June 4. The Church donated more than 20 tons of nonperishable foods to Interfaith Social Services and Weymouth Food Pantry.



WEYMOUTH FOOD PANTRY volunteers (From left to right) Samantha Coyle, Jessica Coyle, Janie Salani and Barbara Sargeant unload boxes of nonperishable food into a warehouse in Rockland on June 4, to be distributed to South Shore residents in need. The Church of Jesus Christ of Latter-day Saints donated 41,695 pounds of nonperishable food to Interfaith Social Services and Weymouth Food Pantry.

## 5 Smart Money Moves For Managing Job Loss During COVID-19

More than 30 million Americans have lost their jobs so far this year. The COVID-19 virus is still a threat and the economy will take time to recover. Things may seem scary or bleak now, but CPAs from the Massachusetts Society of CPAs have tips to help you minimize the financial damage and prepare for a new position and opportunities.

### 1. Fill the income gap

There are a few sources of income to consider, including any severance, unpaid time, unemployment benefits and part-time work. Before you leave your current position, ask about severance benefits and compensation for unused vacation or sick days. Details are likely clarified in your employee handbook.

Apply for unemployment benefits immediately; it may take some time before you start receiving benefits. Learn about the process at the Department of Labor's site. Also, the federal Coronavirus Aid, Relief, and Economic Security (CARES) Act supplements state unemployment with \$600 per week for up to four months. Keep in mind that

you can't receive unemployment benefits if you quit or were fired due to a performance or other problem.

Also look to temporary or part-time positions or start your own business. It will be trickier due to the impact of the current environment, but there may be some options. The Small Business Administration has programs that offer ad-

vice to people who want to start their own businesses.

Run the numbers for your 2019 tax return and file your taxes now if you are owed a refund. And be sure to collect your federal Economic Impact Grant, aka "Stimulus check." The federal government will automatically deposit payments into the accounts for those who use direct deposit

for their taxes. Others will receive checks by mail. You can check the status of your payment at [irs.gov](http://irs.gov).

### 2. Revise your budget and spending

It's important to start considering your spending and budgeting. Cut the easy expenses, such as dining out or a daily cup of coffee and make sure you're not being

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# Osteopenia Vs. Osteoporosis

## A Message From Ruth Jones, City Of Quincy Health Commissioner

Editor's note: due to the coronavirus outbreak and health emergency, Quincy Health Commissioner Ruth Jones is unable to submit new articles to The Quincy Sun. We are running some of her old health articles in the interim. The column below first appeared in The Sun three years ago.

By RUTH JONES  
MSPH, BSN, RN,  
BC, CP-F

Osteopenia is a bone condition distinguished by a decreased density of bone, which leads to bone weakening and an increased risk of fractures.

Osteopenia and osteoporosis are interrelated disorders. The distinction between osteopenia and osteoporosis is that in osteopenia the bone loss is less severe than in osteoporosis. Consequently, someone with osteopenia is more likely to fracture a bone than someone with a normal bone density but is less likely to fracture a bone than someone with osteoporosis.

Common causes of and risk factors of osteopenia include: genetics, hormonal causes, including decreased estrogen or testosterone; smoking; excess alcohol; thin frame; immobility; particular medications (such as corticosteroids) and anti-seizure medications; malabsorption due to conditions

such as celiac sprue; and chronic inflammation due to medical conditions like rheumatoid arthritis.

Osteopenia does not cause pain unless a bone is fractured. Remarkably, fractures in patients with osteopenia do not always result in pain. Many bone fractures such as a hip fracture can cause excruciating pain. However, some fractures, especially vertebral fracture (fracture of a bone in the spine), can be painless and therefore osteopenia or osteoporosis may go undiagnosed for years. Since there are many more people with osteopenia than osteoporosis, patients with osteopenia account for a sizeable number of patients who fracture a bone.

In addition to the pain, hip fractures are a critical problem because they necessitate surgical repair and numerous patients require long-term nursing-home care after the fracture. Fractures, especially in the elderly, are correlated with an increase in overall mortality.

A significant percentage of people die in the year following hip fracture, as the result of complications including blood clots related to inactivity, pneumonia, and many other various causes.

Osteopenia is diagnosed using measures of bone

mineral density (BMD). The test recommended by the National Osteoporosis Foundation to measure BMD is the dual energy X-ray absorptiometry scan or DXA scan (formerly known as DEXA scan). A DXA scan measures BMD in the hip, spine, and sometimes the wrist. These locations are selected because these are frequent locations of bone fracture. The DXA is a very precise predictor of impending fracture risk.

The DXA scan gives two results: a "T score" and a "Z score." The Z score compares the patient's BMD to the average of a person of the same age and sex. The T score compares the BMD to a healthy 30-year-old of the same sex. T scores are utilized to diagnose osteopenia and osteoporosis, but it is imperative to recognize that T scores are not the sole indication of osteoporosis; if a person experiences a bone fracture without trauma, then they have osteoporosis by definition, regardless of T score.

Other tests used to measure bone density include the peripheral dual-energy X-ray absorptiometry, quantitative computed tomography, peripheral computed tomography and quantitative ultrasound densitometry. Occasionally, diffuse osteopenia or osteopenia of a

particular location, can be revealed by a routine X-ray.

Not everyone needs to be tested for a decreased bone mineral density. Your health care provider can assist you in determining if you should be assessed. The National Osteoporosis Foundation recommends the following groups of people be evaluated for osteopenia or osteoporosis:

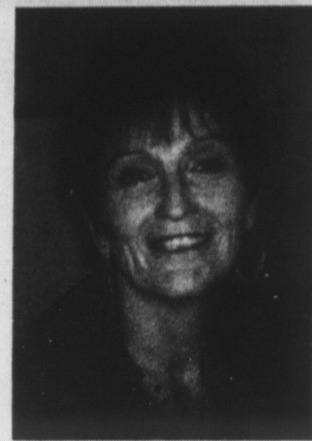
- Women 65 years and older and men 70 years and older
- Postmenopausal women and men 50-69 years of age at increased risk for osteoporosis
- Adults who have a bone fracture after age 50
- Adults with a medical condition associated with bone loss (such as rheumatoid arthritis) or who take a medication that can cause bone loss (such as prednisone or other steroids)
- Anyone being considered for prescription treatment for osteopenia or osteoporosis
- Anyone being treated for osteoporosis to monitor treatment

People with osteopenia should consider making certain important lifestyle modifications and ensuring that their dietary intake of calcium and vitamin D (vitamin D2, vitamin D3, and cholecalciferol) are adequate. Management of any

underlying condition causing malabsorption, such as celiac sprue, can also improve bone density. If you have osteopenia, your doctor can determine if you need treatment with prescription medication. Keep in mind that not everyone with osteopenia requires treatment with prescription bone-building medication. This is because while 34 million people are affected by osteopenia, and the condition accounts for a large number of bone fractures, the absolute risk for fracture in any individual is extremely low. So, bone-building medications are prescribed to those with the greatest risk factors in order to avoid exposing those with low fracture risk to unnecessary expense and potential side effects.

Factors other than bone mineral density can escalate the risk of fracture, and these risk factors can be used to determine if a certain individual requires treatment for osteopenia. These include a parent who fractured their hip, previous or current treatment with corticosteroids (such as prednisone), thin and small-framed individuals, rheumatoid arthritis, smoking, and drinking more than two alcoholic beverages daily.

Your health care provider may use this data to calculate your risk of a bone fracture in the next 10 years.



RUTH JONES

This risk can then be used to determine what course of management is necessary.

Lifestyle modifications are an imperative part of the prevention and treatment of osteopenia and osteoporosis. These lifestyle changes include weight-bearing exercise, smoking cessation, not drinking excessively, and ensuring an adequate daily intake of calcium and vitamin D. If dietary intake is not adequate, then supplements may be prescribed.

For most people, prescription medications are not necessary to prevent osteopenia. However, some people taking certain medications (such as prednisone or other steroids) for more than a few months may need to take prescription medication to prevent bone loss.

Frequently, bone loss can be slowed or stabilized with lifestyle changes or medication if necessary. In some situations, bone loss may continue due to hormonal factors, medical conditions, or medications.

Ruth Jones is the health commissioner for the City of Quincy.

## MA Opioid-Related Overdose Deaths Continue To Fall

Opioid-related overdose deaths in Massachusetts continued a steady decline in the first three months of the year, according to the latest opioid-related overdose deaths report released June 10th by the Massachusetts Department of Public Health (DPH).

In the first three months of 2020, preliminary data show there were 467 confirmed and estimated opioid-related overdose deaths, an estimated 28 fewer deaths compared to the first three months of 2019 for a 5.7 percent decline. That trajectory underscores the Commonwealth's ongoing commitment to stem the opioid overdose epidemic at an unprecedented time in which it is intersecting with the COVID-19 pandemic.

The March figures included in this latest quarterly report are the first this year to overlap with the state of emergency declaration and stay-at-home advisory put in place due to the coronavirus.

"As the COVID-19 pandemic evolves, we have taken action to ensure that crucial substance use disorder

treatment and recovery systems remain available in the ongoing fight against opioid addiction," said Gov. Charlie Baker. "While we remain encouraged that opioid-related overdose deaths continue to decline from their peak four years ago, we will continue to carefully consider and monitor any impact the social isolation practices that are helping us fight the virus may have on the battle against opioid addiction."

"Our administration remains committed to ensuring that the hard-won progress we've made in the fight against opioid addiction in Massachusetts continues, even during the unprecedented COVID-19 crisis," said Lt. Gov. Karyn

Polito. "That has included boosting the availability of lifesaving tools that can prevent an overdose, and using technology to facilitate treatment options while traditional methods are not possible."

During the pandemic, DPH has worked to ensure that substance use treatment centers have the supplies they need and are able to meet the needs of clients. For example, DPH provided over 13,000 naloxone kits and more than 1,000 survival kits that include naloxone and local resources to help reduce the risk of accidental opioid-related overdose fatality among high risk populations, including people recently released from incarceration. DPH also has

worked to expand access to telemedicine in licensed facilities, including providing counseling, group support services, and referrals to treatment.

"From the earliest days of the pandemic, we have worked quickly to implement innovative solutions that keep people struggling with substance use connected to the treatment and recovery services they need," said Health and Human Services Secretary Marylou Sudders. "Moving forward we must remain vigilant in our efforts to reduce the

impact of the opioid epidemic."

"COVID-19 is demanding a great deal of our focus and attention, but we know the opioid epidemic has not gone away," said Public Health Commissioner, Monica Bharel, MD MPH. "Creative and aggressive measures by DPH have ensured uninterrupted treatment and support systems in the midst of a pandemic, including access to medication for our priority populations and those at highest risk."

In 2019, preliminary data

show there were 2,015 confirmed and estimated opioid-related overdose deaths, continuing a downward trend from the previous two years, and a four percent drop from the 2016 peak of 2,102 deaths.

Use of the deadly synthetic opioid fentanyl continued to increase through 2019, while the rate of heroin or likely heroin has been on a decline since 2014, according to toxicology reports of opioid-related overdose deaths. Among opioid-related overdose deaths in

Cont'd On Page 11

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On Sunday, June 7, at approximately 6:30pm, Officer Tait was dispatched to a residence on a report of three white males fighting in the rear of the building.

Upon arrival, he observed two white males. One male was standing in the parking area and another male was walking angrily (fists clenched tightly by his sides) towards a Chevrolet Tahoe that had the back tailgate/cargo door open. Also near the Tahoe was a female who appeared to be trying to calm the irritable male.

Unaware that Officer Tait was on scene, the male was screaming "I'll f@#\$%^g kill him!!!". The irritable male then took a gray duffel bag from the rear of the Tahoe and began trying to unzip it. Fearing that the male may be reaching for a weapon, Officer Tait drew his firearm and ordered the male to drop the bag, raise his hands, and get down on the ground.

At this point, the male finally noticed Officer Tait. He then threw the bag back into the Tahoe and immediately complied with Officer Tait's verbal commands. The male lay down on the ground and put his hands out to his sides as instructed. Officer Tait radioed dispatch that he had a suspect at gunpoint, and to expedite backup.

Officer Kelly arrived on scene, as did numerous other backup units. Officer Kelly handcuffed the male and Officer Tait placed his weapon back in his holster. Once the male was handcuffed and the scene secured, Officer Tait recovered the duffel bag from the back of the Tahoe.

Touching the bag from the outside, Officer Tait felt what he immediately recognized as the grip of a handgun. He unzipped the bag and saw a blued-steel revolver inside a tan holster. Officer Tait removed the revolver from the holster,

## A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS  
Public Information Officer  
Quincy Police Department

noticing it to be a Colt .38 caliber with what appeared to be a 6-inch barrel. He opened the cylinder of the Colt and observed it to be empty (unloaded), so he placed the revolver down in the back of the Tahoe with the cylinder open. He then went over to the male and demanded to see his License to Carry Firearms (LTC).

The male stated he did not have a LTC. From inside the duffel bag, Officer Tait could smell the overpowering odor of fresh marijuana, and could also see a box of plastic sandwich baggies, as well as a small battery-powered digital scale. Inside the duffel bag, he located a green plastic shopping bag (double-wrapped), that from the outside, felt like a large amount of marijuana.

Officer Tait unwrapped the shopping bags and observed a large plastic Zip-Loc baggie which contained a large amount of green vegetable matter that appeared to be marijuana. Also inside the Tahoe in plain sight were numerous packages of fireworks, many of them labeled "DANGER - CONSUMER FIREWORKS" and "DANGER - FIRE HAZARD". The revolver, marijuana, plastic baggies, scale, and fireworks were seized. The revolver was turned over to Detective Pepdjonovic for processing.

The male was in possession of a large sum of money in his wallet which included three (3) folds of money that

amounted to \$2,445 (\$1,000, \$1,000 and \$445). The money was seized as it is believed to be the proceeds of drug transactions.

After officers interviewed all present, it was determined that this incident started as a domestic argument. The 27-year-old Dorchester resident was placed under arrest for unlawful possession of a firearm, possession of Class D with intent to distribute, and unlawful possession of fireworks. He was transported to the Quincy Police Station where he was booked in the usual manner.

Great Job!

STOLEN MOTOR VEHICLES: 0

CAR BREAKS: Walker St (2), Ricciuti Dr, Curtis St  
BREAKS AND ATTEMPTED BREAKS: Aphorp St,  
Franklin St, Clay St, Curtis St, Farrell St, Burgin Pkwy

**FIREWORKS:** As a reminder, Massachusetts General Law Chapter 148, §39, makes it illegal for private citizens to use, possess, or sell fireworks in Massachusetts, or to purchase them legally elsewhere and then transport them into the state. Those found in possession of fireworks may receive a fine up to \$100, however, other city ordinance violations may apply (disturbing the peace, being in the park after dark, etc) which may subject a person to arrest.

The Quincy Police, Boston Police, Mass State Police, and surrounding cities and towns are all working to resolve the issue. The Quincy Police Department will continue to proactively patrol.

If you see/hear fireworks in your area you are asked to contact our dispatch at 617-479-1212.

## QUINCY POLICE CRIME AWARENESS JOURNAL

### FRIDAY, JUNE 5

**BREAKING AND ENTERING/PROGRESS (dwelling), 12:45 a.m., 179 Burgin Parkway.** Caller states male entered through a porch door, exited through back door. Had on a mask. Caller states he had no shirt on and no shoes on. Caller could not get a better description and only knows that he fled through the back door and into the parking lot. 774 found potential suspect in front of 57 Granite St. Brewster Ambulance to evaluate subject medically, appears to be on something.

**BREAKING AND ENTERING/PAST (shed), 9:41 a.m., 9 Farrell St.** Serviced. Rummaged through, nothing stolen. Also has other things on lawn that are not his. Reporting party outside station.

**BREAKING AND ENTERING/PAST (garage opened), 12:07 p.m., Curtis Street.** End of the driveway - garage side door was opened. All items inside thrown about. Trunk of car was opened as well. Not sure if any items were taken as of now.

### SATURDAY, JUNE 6

**BREAKING AND ENTERING/PAST (dwelling), 12:13 p.m., 80 Clay St.** Serviced.

**LARCENY (radio), 9:37 p.m., CVS Pharmacy/24 Hour, 42 Beale St.** Gone on arrival. No surveillance in area where it was taken from. Suspect is now on other end threatening the staff to call the police and he'll be back. Manager believes he may still be in area due to the radio's limited range, making staff uncomfortable.

### SUNDAY, JUNE 7

**BREAKING AND ENTERING/PAST (front entry), 3:07 a.m., Prestige, 9 Franklin St.** Open door found. Alarm company unable to contact a key holder. Contact info in the

business directory is not correct. Appears secure. Will make extra checks throughout the night. Alarm company notified. Party arrested on Pearl Street and charge with B&E night.

**VANDALISM/PROPERTY (smashed door), 3:13 a.m., Marlboro Street.** Suspect returned victim's vehicle and caller states that he also smashed the front door to her apartment building and left with another ride unknown destination. Suspect located on Wall Street by 781. One count defacing added on to original CAD.

**LARCENY/PAST, 5:26 p.m., Wollaston Manor, 91 Clay St.** Reporting party dropped off TV and a full wardrobe off on May 30 at 12:30 p.m. at the above address. There is camera footage however they did not show the footage. Reporting party would like to speak with an officer. Advised. CP-7 to follow up with management and obtain video.

### MONDAY, JUNE 8

**VANDALISM/PROPERTY (tires slashed), 7:44 a.m., Norfolk Street.** Serviced. Just wanted a case number.

**LARCENY (wallet), 1:19 p.m., Home Depot, 177 Willard St.** Wallet stolen at Home Depot, would like someone to try and review tape. 75 going to Home Depot to look at the video.

### TUESDAY, JUNE 9

**LARCENY (possible missing items), 2:26 p.m., Faxon Road.** Serviced.

### WEDNESDAY, JUNE 10

**BREAKING AND ENTERING/PAST (dwelling), 8:44 a.m., Aphorp Street.** Called last night about someone being in the home. Girls were in fear so left the home for the night are now saying they came home to the door unlocked which is not how they left it. Walk through conducted all clear.

**LARCENY/MOTOR VEHICLE (jet ski), 11:23 a.m., Sixth Avenue.** Serviced. Unable to make contact with reporting party last night. Called back states they are at address now. Stolen boat trailer by new owner; bill of sale transferring - stolen vehicle (boat trailer).

**VANDALISM/PROPERTY (on site), 12:03 p.m., Washington Street.** Officer Donnelly notified DPW for clean up/no suspect information. Incident closed.

**VANDALISM/PROPERTY (broken windows), 12:54 p.m., Nelson Street.** Has suspect info, advised officer will call.

**VANDALISM/PROPERTY (past), 7:49 p.m., Lawn Avenue.** Caller in police lobby. Ongoing neighbor problem. CP already involved; advised.

### THURSDAY, JUNE 11

**VANDALISM/PROPERTY (past), 12:21 p.m., Nelson Street.** Reporting party from QPD lobby seeking a harassment prevention order. Had questions about report she filed yesterday; advised.

**VANDALISM/PROPERTY (table), 12:39 p.m., Taff-rail Road.** Patio table smashed; believes it may have been a neighbor but has no proof.

**VANDALISM/PROPERTY (eggs), 1:18 p.m., Hough Many Scoops, 1094 Sea St.** Eggs smashed on new patio area; believes it may be a neighbor but unable to prove it.

**VANDALISM/PROPERTY (tagging), 5:22 p.m., Wollaston Congregational Church, 48 Winthrop Ave.** Caller saw a car pull up and a kid got out of the car and walked towards the church. Caller said party spray painted the building. Party was driving a sedan silver color. Young male with baggy clothes. Caller said this happened yesterday. Tagging is a purple V. Incident closed.

## AAA Urges Parents, Teens To Focus On Safe Driving This Summer

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belt (17%)

"Parents remain the best line of defense to keep everyone safe behind the wheel," said Ms. Maguire. "It's never too soon to educate teens on the dangers of distracted driving, speeding, and the impairing effects of alcohol and marijuana. But actions speak louder than words. Remember to model good behavior because your teen won't take your advice seriously if you don't follow it yourself."

To keep roads safer this

summer, AAA encourages parents to:

- Talk with teens early and often about abstaining from dangerous behavior behind the wheel, such as speeding, impairment and distracted driving.

- Teach by example, and minimize risky behavior when driving.

- Establish a parent-teen driving agreement that sets family rules for teen drivers.

- Conduct at least 50 hours of supervised practice driving with their teen.

To support parents in

conducting practice driving sessions during COVID-19 and beyond, AAA is providing a free four-page guide to help parents coach their teens on how to drive safely. The "Coaching Your New Driver - An In-Car Guide for Parents" AAA Parent CoachingGuide 2020 offers behind-the-wheel lesson plans, including a variety of "DOs and DON'Ts" to make the learning experience as helpful as possible. For parents, the guide can be beneficial as they coach their teens on a variety of

routes, building on their formal behind-the-wheel training.

TeenDriving.AAA.com has a variety of tools to help prepare parents and teens for the dangerous summer driving season. The online AAA StartSmart Parent Session also offers excellent resources for parents on how to become effective in-car coaches as well as advice on how to manage their teen's overall driving privileges. Teens preparing for the responsibility of driving should enroll in

a driver education program - driver distraction and other that teaches how to avoid safety skills.

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# MA Opioid-Related Overdose Deaths Continue To Fall

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2019 where a toxicology screen was also available, 94 percent were positive for fentanyl while heroin was present in approximately 24 percent of these toxicology screens.

Although the presence of fentanyl continues to rise, the 2019 opioid-related overdose death rate of 28.9 per 100,000 people is approximately six percent lower than the 2016 rate of 30.6 per 100,000.

Toxicology screens also

indicated that the presence of cocaine, benzodiazepines and amphetamines in opioid-related overdose deaths has remained stable, while the presence of prescription opioids continued to trend downward.

At the municipal level, several communities experienced a notable decrease in opioid-related overdose deaths from 2018 to 2019, including Lowell, Worcester, and Gardner. Meanwhile, Middlesex County marked its third consecutive

year with declining opioid-related overdose deaths. Last year, Middlesex County had 95 fewer deaths, a 24 percent decrease, compared to 2016.

Among the findings of the latest opioid report are:

- The confirmed opioid-related overdose death rate for females increased in 2019 compared with 2018. Death rates for Black non-Hispanic females increased, while the rate for White non-Hispanic, and Hispanic women decreased.

- Males comprise 74 percent of all opioid-related overdose deaths. Between 2018 and 2019 the confirmed opioid-related overdose death rate for Black non-Hispanic and Hispanic men increased, while the rate decreased for White non-Hispanic and Asian/Pacific Islander non-Hispanic men.

- In the first quarter of 2020 there were just under 479,000 Schedule II opioid prescriptions reported to the Massachusetts Prescrip-

tion Monitoring Program (PMP), just over a 43 percent decrease from the first quarter of 2015 when there were 841,990 Schedule II opioid prescriptions.

- Just over 213,000 individuals in Massachusetts received prescriptions for Schedule II opioids in the first quarter of 2020, which is nearly a 45 percent decrease from the first quarter of 2015, when 390,532 people were receiving these prescriptions.

- In 2019, males aged 25-34 continued to represent

the greatest number of suspected opioid-related incidents treated by Emergency Medical Services (EMS), accounting for 24 percent of opioid-related incidents with a known age and sex.

- Norfolk County had 40 fewer opioid-related overdose deaths, a notable 23 percent decrease, in 2019 compared with 2018.

- Both Bristol and Plymouth counties had an increase in opioid-related overdose deaths in 2019 compared with 2018.

## MassDOT Program To Help Cities, Towns Create Shared Streets, Spaces

Cont'd From Page 4

Roberts, co-director of Climate at the Barr Foundation. "We understand the urgency of the moment and the fact that we will need to rapidly create more space that allows physical distancing once we re-open large parts

of the Commonwealth. Barr is pleased that we can help communities across Massachusetts get their projects implemented by this fall with the goal of opening street space for people to move around safely and for local business to benefit

from the increased foot traffic. For us, this kind of partnership is ideal. It works for people, supports small businesses, and is good for the environment."

The Shared Streets & Spaces emergency funding program is modeled after the Baker-Polito Adminis-

tration's Complete Streets Funding Program, created in February 2016, which, as of January 2020, had awarded a total \$46 million to cities and towns for municipal

projects improving infrastructure to improve safety for pedestrians, bicyclists, motorists and public transportation customers. The Administration included

\$20 million for the Complete Streets Program as part of the Administration's \$18 billion transportation bond bill which was filed in July 2019.

## Patrick Rak Awarded \$1,000 Scholarship From Merrimack Valley Credit Union

Patrick Rak, a 2020 graduate of Quincy High School, was among 15 high school students who received \$15,000 in college scholarships from Merrimack Valley Credit Union.

"Choosing the 15 scholarship recipients was especially difficult this year, as we had so many impressive applicants," said John Howard, president and CEO, Merrimack Valley Credit Union. "The scholarship recipients were selected because of their commitment

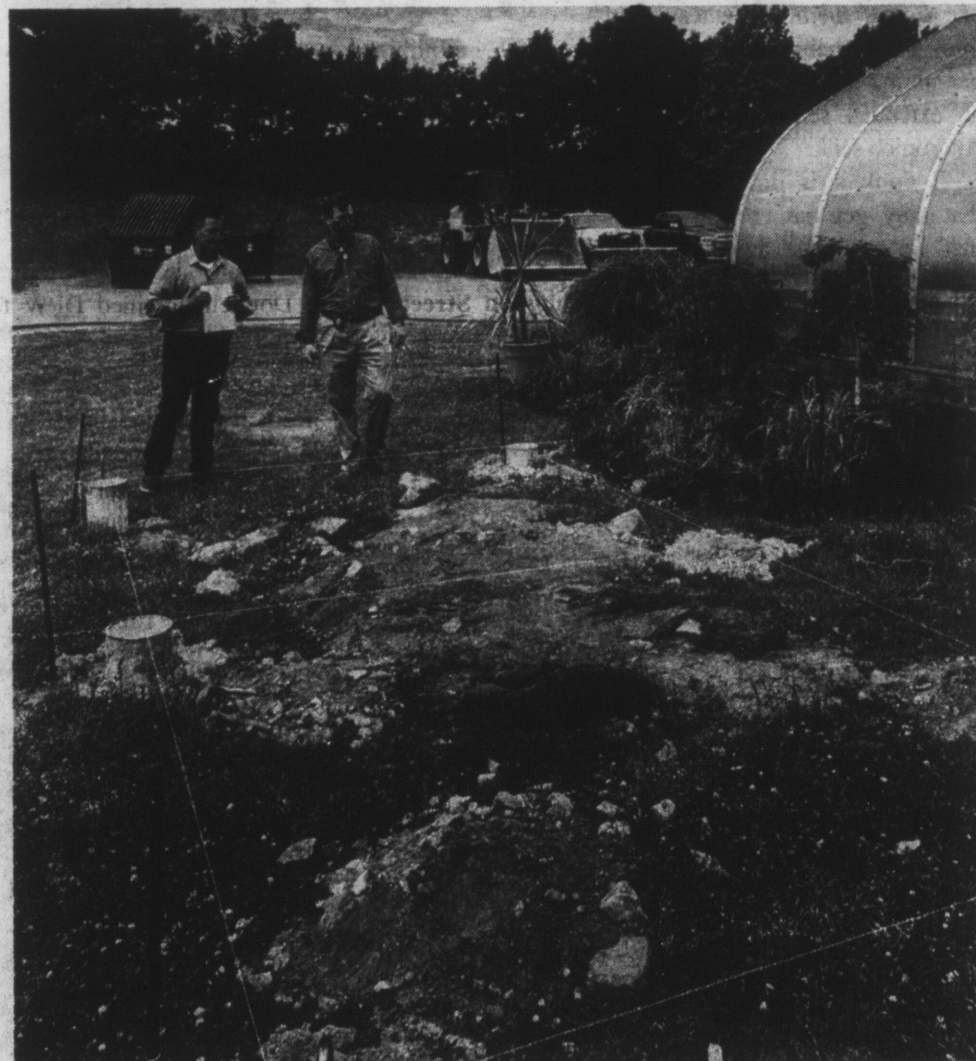
to education and to their community both in and out of school. While many had to modify how they demonstrated that commitment in the past few months - through remote learning and finding other ways to help in the community - we are confident that the flexibility and resiliency they have shown these past few months will prove useful not only in college, but also in their careers."

The organization received 178 applications

from students at 66 different high schools located across the two regions. Students were scored on their academic performance, school and community involvement, work experience, letters of recommendation and their essays about what they would do if they ran Merrimack Valley Credit Union.

Each of the 2020 recipients will receive \$1,000 scholarship to pursue higher education:

Rak will attend Harvard University to study economics and mathematics.



NORFOLK COUNTY SHERIFF'S OFFICE Assistant Deputy Superintendent Steve Randall (left) and Sheriff Jerry McDermott overlook the proposed gardening area. Courtesy Photo

## Norfolk County Sheriff Jerry McDermott Creates Inmate Gardening Program

Norfolk County Sheriff Jerry P. McDermott announces the creation of an Organic Gardening Program, designed to teach offenders the basics of gardening with an eye toward employability and entrepreneurship.

According to Sheriff Jerry McDermott, the food service industry is recognized as being very receptive to employing former offenders and he has made it a priority of his administration to help prepare inmates for readily available jobs.

The introduction of this gardening program is just

the first step toward the future implementation of a full-scale culinary arts program that will certify offenders in the several critical areas related to food preparation, sanitation, cooking and service.

"The goal is to offer opportunities to help individuals in custody to become more employable and, therefore, better able to take care of themselves and their families upon release," Sheriff Jerry McDermott said.

To facilitate this program, Norfolk County inmates will work with staff to transform a section of

the House of Correction property into a patchwork of gardening boxes that will be used to grow tomatoes, lettuce, strawberries, raspberries, peppers, eggplants, scallions, watermelons, basil, kale and much more.

The Gardening Certification program will include structured lessons surrounding the basics of organic agriculture, gardening and horticulture. According to Sheriff Jerry McDermott, this certification will make offenders more marketable upon their release, which, in turn, will better position them to not re-offend.

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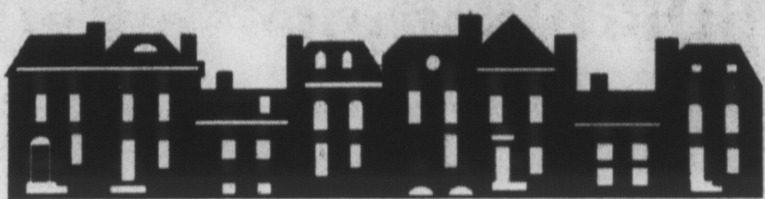
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# Real Estate

## Quincy Real Estate Transactions June 8 - June 12

Transactions are compiled by the Norfolk County Registry of Deeds

### SELLER

Paula E. Moore  
Andrew W. Mearns  
Kevin P. Kiley, Jr.  
Michael Rosati  
Estate of Aulton Rose  
Daniel A. Averbukh  
Joan H. Swan  
John J. & Margaretann DelTufo  
Pascale Family Realty Trust  
Marianne Kroha  
Robert & Patricia C. Bossart  
James K. & Frances M. Shields  
Theodore W. & Carole A. Walsh  
Peter M. & Angela S. Tsang  
Head Family Trust  
Joseph S. McGrath & Jaynie N. Davis

### BUYER

Valbona & Akil Martini  
Yingya Liang  
Michael A. Sanchez & Trinh T. H. Hoang  
Ryan L. Edwards, Sarah P. Hoyt  
Quincy OZ Property 1 LLC  
Eric Hart, Jeili Merrill  
Christopher Dunn & Jessica Witten  
John Przybylski & Megan Leedberg  
Thang Q. & Hang T. Nguyen, Nina T. Nguyen  
Christy F. Hall  
Nicholas Rand  
Ping Chai  
Theodore Walsh, 3rd  
Siu K N Ma & Hon M A Ng  
Allen & Miranda Lam  
David A. Donahue, Jr. & Emily Donahue

### AMOUNT

\$456,000.00  
\$440,000.00  
\$370,000.00  
\$617,000.00  
\$350,000.00  
\$560,000.00  
\$449,900.00  
\$705,000.00  
\$612,500.00  
\$519,000.00  
\$585,000.00  
\$605,000.00  
\$375,000.00  
\$550,000.00  
\$830,000.00  
\$480,000.00

### ADDRESS

1343 Quincy Shore Drive  
90 Quincy Shore Drive, Unit 307  
157 Palmer Street  
10 Forbes Hill Road  
49 Shea Street  
977 Hancock Street  
10 Seaport Drive, Unit 2103  
148 Furnacebrook Parkway  
351 Adams Street  
14 High Street  
3 Moreland Road  
71 South Bayfield Road  
36 Brighton Street  
11 Abigail Avenue  
35 Tyler Street  
31 Howe Street

## Committee: No Unfunded Mandates For School Re-Opening

Cont'd From Page 1

tive," "nuts" and "impossible" to meet.

The state Department of Elementary and Secondary Education is in the process of putting together guidelines for schools to re-open in the fall. Initial guidelines released by the state on June 5 would require students in all grade levels to be spaced six feet apart and would limit the number of people in a given room to ten children and two teachers.

The memo from the state also included guidance for districts to purchase masks for students based on 100 percent attendance, 50 percent attendance and 25 percent attendance, suggesting school systems might have to rotate students in and out of buildings.

School Committee Vice Chairman Anthony Andronico, who authored the resolution, said the initial guidelines from the state are prohibitive. He said districts across the state would not have the personnel or the room to meet the requirements.

"It's prohibitive. It's impossible to do. If every school district had to do this, I don't know where that money is going to come from, I don't know where those teachers are going to come from, I don't know where that space is going to come from," Andronico said.

"The resolution before you essentially asks the state to not put forward any unfunded mandates related to the guidelines for

COVID-19. Quincy Public Schools is in a good position now, however, if these guidelines go into place, I don't know exactly what re-opening schools and having students would look like."

No personnel cuts are expected in the Quincy Public Schools next school year despite the financial uncertainty caused by the pandemic. Other districts have had to make cuts. Weymouth, for instance, will not renew the contracts of more than 100 educators next year.

"At a time when a lot of neighboring districts are furloughing staff, cutting expenses and essentially desperate for revenue, I don't think it is right the state is going to come in during that time period and say, 'by the way, you also need to double your staff, purchase more building space or rent

more building space so you can house them, or enter into additional collective bargaining agreements for an extended school day,'" Andronico said.

"I think it is important that they get the message that we not have any unfunded mandates when it comes to re-opening schools however they chose to do so."

Mayor Thomas Koch said the guidelines were unrealistic and was concerned about students missing more time in the classroom than they already have. He also noted that COVID-19 has little to no impact on the school-age population.

"I think it is foolhardy for us to be going down this road of thinking we can do split shifts, having x amount of square feet per kid. It's nuts and I think we have

just got to call it that," Koch said.

"I'm not minimizing the medical community - I know there are experts on this - but no one has yet shown me how this population has been affected by it. Are they transmitters potentially? Yes, they are. We've learned who is susceptible in society and we have to make sure they are safe. Perhaps the kids have to stay away from grandma when they are in school - I don't know, but if we lose another semester or year, these kids are never going to catch up on some of this stuff."

Committee member Emily Lebo said the social and emotional needs of students cannot be met through remote learning. In addition, she said the state's rules do not consider how they would affect parents.

"I've heard of kids who cry every day because they cannot go to school. The social and emotional kick on this is crazy, and to continue it is a huge mistake," Lebo said. "The other thing I worry about [with] those split shifts is how does a parent work? What if one kid has a different shift than the other kid has?"

Committee member Paul Bregoli said it would be impossible to meet the state's initial guidelines.

"I think we have a lot of idealists and not many real-

ists who are telling us what to do," he said. "What they are asking us to do is impossible. For us to continue down this path is going to lead to a whole lost year as the mayor said."

If students cannot return to the classroom in September, Bregoli said they might never be able to recover.

"Anyone who has been in the classroom knows that from June to September, in those summer months, kids lose [some] of what they learn, and teachers would spend that first month reviewing what previously was taught," Bregoli said. "We've been out since March, and I fear that if we don't get back in September, our kids are going to be in a situation that they are not going to be able to recover from."

"They need to look at a legitimate risk assessment so that we can put our kids at ease, our parents at ease and our staff at ease, so we can...get back to school the way it should be."

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# Schools Offering Summer Programs Remotely

Cont'd From Page 1

The district is also offering a special education program this summer, which had 125 students enrolled as of June 3; middle school programs, which had 455 students enrolled; English language learner programs, which 320 students have been invited to join; a program for rising ninth graders, which had 62 students enrolled; math and science SAT prep programs, which had 107 students enrolled; and a credit recovery program for high schoolers, which eligible students will be invited to join at the end of the school year.

Some of the special education programs will offered in-person, but all other programs will be held remotely.

Participating students will receive live instruction from teachers on four or five days a week this summer, depending on what program they are enrolled in.

"Our hope during this

program...is to make sure this remote learning is more rigorous, engaging, synchronized, which is key, meaning live, and the instruction becomes more meaningful and more connected for our students and our families," Mulvey said.

The teachers who will work with students over the summer will receive professional development that focuses on remote learning and making it more engaging for students. Theresa Wills, an associate professor at George Mason University, will be leading those sessions.

As part of the preparation for the summer program — and the fall if necessary — Mulvey said the district also plans to send a survey on remote learning to all Quincy Public Schools parents. A draft survey has been prepared and will be reviewed by various parent groups before it is sent out.

Committee member Em-

ily Lebo said she was impressed with the amount of work the school department put into planning this year's summer programs.

"I'm very, very impressed with the work that has gone into this," Lebo said. "It looks like you have touched upon every single population in the school district from our special education students to our advanced placement students to students who are preparing for college. It is really very, very robust and I am very happy to see that professional development for the teachers."

Lebo asked if the professional development would also be offered to other teachers in the school system. Erin Perkins, the district's director of special education and elementary curriculum, said professional development would be offered to all teachers who want it.

"We have a whole list

of professional development that we want to put together...for the staff just to prepare in case we have to be remote in the fall or the winter," Perkins said.

Lebo also said it was important for the survey to include questions about students' social and emotional learning and well-being.

"I still am very, very concerned about that," she said.

Maura Papile, the senior director of student support services, said social and emotional wellness would be included as part of the summer program, like how students can feel connected when they are apart from their classmates.

"We really want that as part of the summer programming," Papile said. "Kids definitely miss that — they miss each other."

Anti-bias education will also be included, she said.

"We're really concerned about current events and race, so we are putting in

some anti-bias education," Papile said. "There are some really great resources out there connecting current events to the curriculum, explaining bias and racism and systemic racism, inclusion, how people can be an ally and things like that. We're really excited about that."

Committee member Douglas Gutro said the team had done a great job planning the summer programs.

"I think the team is doing a great job. I think the numbers show that there is a demand and I appreciate the update," Gutro said. "Excellent."

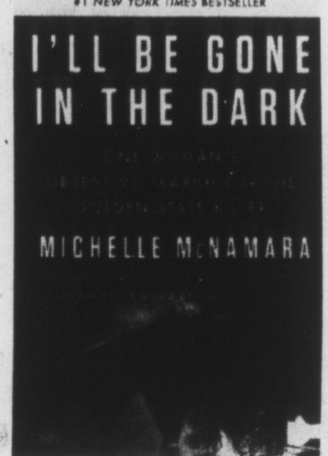
## 'I'll Be Gone in The Dark' Book Discussion June 23

Calling all true crime fans.

In anticipation for the upcoming HBO docuseries, come join Thomas Crane Public Library staff to talk about Michelle McNamara's true crime masterpiece *I'll Be Gone In the Dark: One Woman's Obsessive Search For The Golden State Killer*, available as an ebook and audiobook on the library's free digital resource, Hoopla.

The discussion will take place at 7 p.m. Tuesday,

June 23 on Zoom.



# Free COVID-19 Testing Available To Those Who Protested

By SCOTT JACKSON

Gov. Charlie Baker on Monday urged residents who have participated in recent demonstrations to get tested for COVID-19 this week.

Testing will be available for free at more than 50 sites this Wednesday and Thursday, including new locations and others with expanded hours. The addition of new testing locations and expanded hours at others will provide capacity for an extra 10,000 tests to be conducted each day, according to Marylou Sudders, the state's secretary of health and human services.

Manet Community Health Center in North

Quincy is among the sites where tests will be conducted; tests will be available there from 10 a.m. to 8 p.m. on Wednesday and Thursday. Appointments are recommended but walk-ins will be accepted. Call 617-376-3000 for more information.

The full list of the test sites open Wednesday and Thursday is available online at [mass.gov/gettested](https://mass.gov/gettested).

During his press conference at the State House Monday, Baker said anyone who has participated in recent protests should get tested.

"Anytime large groups of people come together, there is a risk for transmis-

sion," he said. "We certainly support people's rights to express their views peacefully, but we need to keep up our fight to slow the spread of COVID-19 here in Massachusetts."

"Some people who have the virus don't have symptoms and could spread the virus to others, including family members. By getting tested, you can help keep yourself and your close contacts safe from the virus."

The governor said 300 demonstrations with more than 100 people in attendance have taken place in recent weeks. The pop-up testing locations will help state officials determine whether COVID-19 trans-

mission occurred during those protests.

"While a lot of them, people wore face coverings and they were outdoors and people were moving, there was also a lot of chanting and yelling," Baker said. "This is one way of trying to encourage people to get tested, not just for themselves but for those who are their close contacts."

"As I said, anytime you have a big group that gets together like that, it can be risky in this environment and we want to see what some of that data shows."

Baker said Massachusetts has continued to make incremental positive prog-

ress in the fight against COVID-19.

"Things may look a little different but thanks to everyone's creativity and commitment, we are re-opening and effectively bringing the fight to the virus at the same time. Our progress to date is encouraging, but it doesn't mean the virus has left town," he said, urging residents to take steps to slow the spread of the virus, including social distancing, wearing face coverings when needed, and frequent handwashing.

Monday marked one week since the start of phase two of Baker's four-phased plan to re-open Bay State

businesses. Restaurants were permitted resume outdoor dining when phase two began and retailers and hotels were allowed to ramp up operations.

At his press conference Monday, Baker said an announcement concerning the start of the second part of phase two — at which time indoor dining at restaurants can begin again and nail salons and other personal services can re-open — could be coming later this week.

"We continue to follow the data and I think by the time we get to the end this week we will probably have an announcement to make on that," he said.

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**Public Access Channel 8**

**Thursday, June 18**  
7:00pm: NQHS Class of 2020 Tribute  
8:00pm: QHS Class of 2020 Tribute

**Friday, June 19**  
11:30am: Currently in Quincy  
7:00pm: The Call

**Saturday, June 20**  
12:30pm: CIQ Interview: Quincycycles  
1:00pm: AM Quincy: Councilor Nina Liang

**Sunday, June 21**  
10:00am: Bethany Church Sunday Service  
11:30am: Good News

**Monday, June 22**  
11:30am: Currently in Quincy  
7:00pm: CIQ Interview: Robbie Goldstein

**Tuesday, June 23**  
7:00pm: AM Quincy: Mayor Thomas Koch  
8:00pm: Black Lives Matter Vigil

**Wednesday, June 24**  
4:30pm: Good News  
5:30pm: LIVE: MBTA Bus Facility Proposal Mtg.

**Government Access Channel 9**

**Thursday, June 18**  
9:30am: MA House of Reps Session 6/15  
1:30pm: City Council Incl. Public Hearing & Finance Committee, 6/15

**Friday, June 19**  
8:00pm: TCPL: Cooking with Collin: Smoothies  
9:30pm: At Your Library: June Happenings

**Saturday/Sunday, June 20/21**  
12:00pm: City Council Incl. Public Hearing & Finance Committee 6/15  
4:30pm: Board of License Commissioners 6/9  
5:30pm: Meet the Artist ep. #3  
6:00pm: Meet the Author ep. #11  
7:00pm: City Council Incl. Public Hearing & Finance Committee 6/15

**Monday, June 22**  
10:30am: Storytime with Mrs. Miller ep. #1  
1:00pm: Crime Watch: COVID-19 Scams  
3:35pm: At Your Library: June Happenings

**Tuesday, June 23**  
7:00pm: TCPL Bread: The Implications for Ireland

**Wednesday, June 24**  
7:00pm: TCPL Singers/ Songwriters Part 1

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For a complete list of programs, please visit our website at [qatv.org](https://qatv.org)

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# Quincy High School Class Of 2020

## Revised List of Graduates that includes Members of the National Honor Society

Editor's Note: The list of 2020 graduates of Quincy High School that appeared in The Quincy Sun June 11 inadvertently omitted the names of the QHS students who graduated and are members of the National Honor Society.

The names of the missing graduates appears below.

The Sun is also reprinting the names of the rest of the graduating class for a complete list of the Class of 2020 at Quincy High School.

Quincy High School National Honor Society graduates:

Brendan Joseph Bailey  
Richelle Barry  
Megan Elizabeth Beck  
Helga Becka  
Josè de Jesus Betancourt  
Taylor Marie Burgess  
Kelly Ting Chen  
Molly Cathleen Cronin  
Charles Justin Jainar Culata  
Rebecca Dang  
Madison Elizabeth Dondero O'Brien

Maeve Brigid Farrell  
Benjamin Walter Fehan  
Anna Orestis Frazis  
Kevin James Gallagher  
Stephen Robert Hallahan  
Olivia Rose Herman  
Caitlin Joanna Ho  
Kyler Anh Hoang  
Grace Margaret Hobin  
Wilhen Alberto Hui Mei  
Alexander Johannes Ireland  
Caroline Jane Jaehnig  
Julia Kapcia  
Braedan Michael Kopp  
Annabelle Le  
Thomas Le  
Toan Hua Luong  
Thomas Bowes MacPherson  
Aisling Niamh Mannion  
Eric David Manter  
Erik Thomas Mayo  
Paige Maze  
Thomas Patrick McGovern  
Allison Helene McMorrow  
Amanda Catherine Morris  
Maggie Rose Murphy  
Jessica Nguyen  
Katelyn Y-Nhi Nguyen  
Sydney Nguyen  
Dylan Virgil O'Brien  
Tiffany Pham  
Dayna Phan  
Tedi Qafko  
Patrick John Rak  
Jennifer Victoria Segale  
Alexandra Jordan Smith  
Jonathan Tan  
Virginia To  
Kenny Wai Tran  
Timothy Cong Truong  
Emily Bao Tran Vu  
Kayla Baochau Vu  
Michelle Tram-Anh Vu  
Alita Wanasilp  
Caren Wang  
Michalina Anna Weglarzy  
Cristina Zhao Zhen  
Qi Wen Zhou

The rest of the QHS Class of 2020 graduates:

Kawtar Abouyoussef  
Ifanyi Aguguo Princess  
Dheyauldeen Chaseb Al Khareshy  
Jamarra Kenyarie Alexander

Mohamed Duosogi Ali  
Mostfa Abbas Al-Ibrahimi  
Logan Smith Almeida  
Abdulaziz Alnasiri  
Zahraa Mohammed Al-Saadi  
Jelinsky Enrique Alteus  
Anthony Carvalho Alves  
Zeynab Hassan Alzubaidy  
Caitlin Rose Amichetti  
Yasmin Amimer  
Jessi Aleinah Andrews  
Lauren Katherine Anshewitz  
Shilan Gabriela Arda  
Badr Eddine Bahri  
Dustin Matteo Baker  
Joseph Josub Ban  
Luis Xavier Barbosa  
Juliana Irina Beane  
Jessamine Jean Bearchell  
Maria Fatima Bengoa Croxatto  
Emily Loren Bennett  
Jane Elizabeth Berberan  
Ryan Timothy Bergin  
Madeline Jade Bergonzi  
Solomon James Bonilla  
Makinley Louise Bosse  
Elajia Boyd  
Mark Anthony Broderick  
Amarah Ann Brown  
Samantha Ariel Brown  
Kenneth William Brownlow  
Nicholas John Buonopane  
Kamayl Sahkeem Burrell-Chandler

Shania Monique Butler  
Sean Joseph Butts  
Orion Harry Byrne  
Alison Patrice Cahill  
Frank Paul Calabro  
Karen Nhi Cao  
Niyah Celmira Cardoso  
Isabella Rose Carey  
Robert Emmet Carney  
Lara Cezar Marchesi Primo  
Ty Edward Chafa  
Candace Fongho Chan  
Samantha Chan  
Ximena Charco-Cervantes  
Zoe Charles  
Alyssa Chieng Che  
Bin Chen  
Chunlu Chen  
Chunxia Chen  
Hillary Britney Chen  
Jiaqi Chen  
Jin Rui Chen  
Jing Jing Chen  
Li Qi Chen  
Rui-Feng Chen  
Man Hang Kelvin Chik  
Kean Keong Chin  
Ivy Hoi-Yee Ching  
Han Gia Chung  
Anamarisa Cohen  
Gerard Patrick Colby  
Erin Rose Collins  
Julia Anne Collins  
Justin James Collotta  
Ryan William Conover  
Thomas Christopher Conroy  
Danielle Maria Cooper  
James Christopher Corkery  
Benjamin Antonio Carvalho Correia  
Alessandro Cosgrove  
Michael Robert Cugini Jr.  
Vanessa Jean Czajkowski  
Jamie DaCunha  
Francesco John D'Agostino  
Arianna Knight Dalrymple  
Jyshele Darosa  
Samantha Katelyn Lopes Dea-

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Abigail Elizabeth Decie  
Jake William Defranco  
Zachary Andrew Demore  
Jania Orlane Desrosiers  
Julia Beverly Devlin  
David Michael Devoy  
Patrick Seamus Devoy  
Alecia Jade DiCicco  
Jamie Louise DiCicco  
Han The Diep  
Xuanbo Ding  
Claire Christine Donahue  
Edip Efe Doru  
Stuart Adam Dozier  
Sheala Driscoll  
Tyler Dushaun Duncan  
Ryan Dai Vu Duong  
Michaeljon Montgomery Dussourd  
Sean Eric Dwyer  
Ainslee Rhiannon Eaton  
Justin Tyler Echols  
Mounia El Maslouhi  
Khalid Ahmed Elbeih  
Kassia Lopes Lima Evora  
Joan Fajardo Barrera  
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Aislin May Glavin  
Calvin Eugene Graves  
Ja' Qury A. Gray  
Karon Norman Gray  
Clarence Joseph Ham  
Kailie Ham  
Aidan Patrick Healy  
Connor Gerard Hegarty  
Celina Henderson Tapia  
Stephanie Gabriela Henriquez  
Kamani Matthew Herbin  
Kylie Rose Hernon  
Anthony Ho  
Shelagh Mairead Holler  
Brendan James Holloway  
Zihao Huang  
Zachary Michael Hughes  
Elizabeth Huynh  
Khang Duy Huynh  
Luan Ba Huynh  
Emily Marie Irion  
Aubrey Jillian Gonzales Isip  
Jiwan Walter Jackson  
Emma Danielle Jaehnig  
Samantha Marie Jaehnig  
Suze Leika Jean Louis  
Vincent Scott Joyce  
Tresor Junior Kalioua  
Ridhikasri Kanniappan  
Ilia Karelo  
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Akile Kelow-Wiggins  
Nawal Sharmaarke Khalif  
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Brendan Joseph Kilcommons  
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Sarah Catherine Knight  
Titus Kyei Mensah  
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Ryan Le Lam  
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Shabella Juliann Oliver  
Malachi Keshawn Ortolaza  
Joseph Osgood  
Kayla Emarie Osorio  
Aaron John O'Toole  
Ailinn Anne O'Toole  
Sean Ryan O'Toole  
Zahra Paige Ouannass  
Mihir Sanjaykumar Patel

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Krystyna Sophie Ryan  
Michaelle Danielle Saint Cyr  
Jullana Louise Alpuerto Sal-bibia  
Milo Scott Santangelo  
Matheus Goncalves De Souza Santos  
Nasaiah Alijah Santos  
Lukas Schaaf  
Michael James Scibilio  
Michael Stanley Semancik  
Ilda Serdani  
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Cameron Charles Seviour  
Salwa Hassan Shuman  
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Karen Emperis Washington  
Isabella Julia Waters  
Joshua Richard Welch  
Jules Wiggins-Ledgister  
Devante Malik Williams  
Francis H. Wong  
Jaydek Wong  
Matthew C. Wong  
Nicholas H. Wong  
Jordan Du Keng Wu  
Cayla Rose Zapata  
Andrew Joseph Zemotel

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DOUGLAS AND JONATHAN Cole, of Quincy, participated in Interfaith Social Services' Stop the Stigma Virtual 5K on Memorial Day weekend. They paused for a photo with a Stop the Stigma banner along the route they chose. The race raised more than \$65,000 for Interfaith's New Direction Counseling Center.



SUZANNE SKJOLD, of Honolulu, won the "Furthest from Quincy" award after submitting this photo from the 5K route she ran in Hawaii. Skjold was one of the 750 supporters of Interfaith Social Services' Stop the Stigma Virtual 5K, held Memorial Day weekend.

Courtesy Photos

## Stop Stigma Virtual 5K Raises \$65,000 For Mental Health

### Virtual Race Supports Interfaith Social Services' Directions Counseling Center

When it became clear in April that holding a large road race was not going to be feasible due to public health concerns, Interfaith Social Services quickly pivoted to organizing a virtual event for their annual Stop the Stigma 5K race. It was imperative to continue the fundraiser, which raises money for Interfaith's New Directions Counseling Center, as the Center's therapists were receiving more and more calls for help from people dealing with fear and anxiety from the coronavirus pandemic.

The community rallied and came together to raise more than \$65,000 from 750 donors across the country. Supporters signed up to run or walk a 5K route of their choice on Memorial Day

weekend and many solicited donations from their friends and family to support their efforts. To maintain the community feel of the event, participants shared photos of themselves during or after their run.

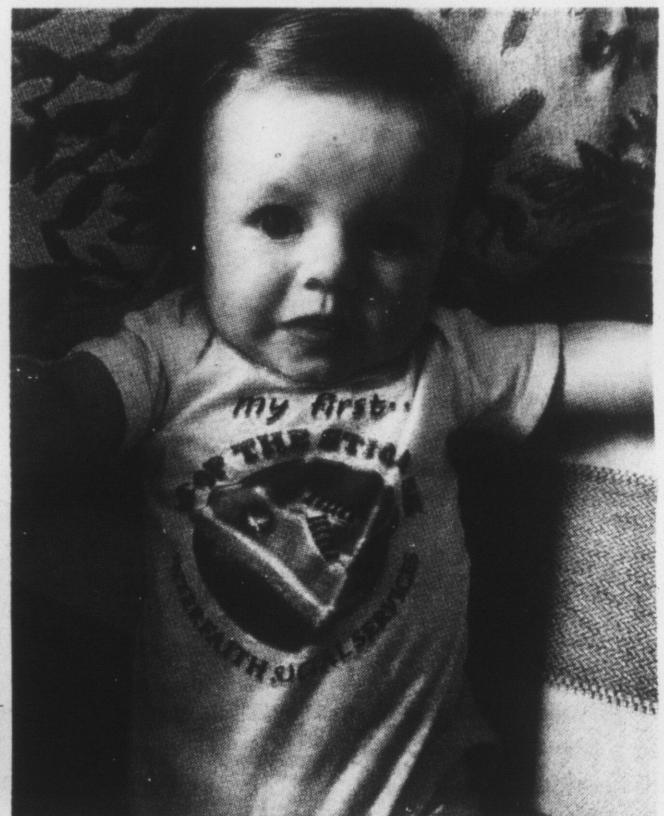
The outpouring of support exceeded all expectations as runners as far as Hawaii and south Florida pounded the pavement with the mission of stopping the stigma. Funds raised will allow New Directions' therapists to provide more than 2,200 counseling sessions.

The Stop the Stigma 5K, in its 46th year, is held annually to erase stigmas surrounding mental illness and addiction and to support family, friends and neighbors affected by these issues. All proceeds benefit



CHRISTY LEE, of Braintree, poses at a scenic spot along the route she chose to run for Interfaith Social Services' Stop the Stigma Virtual 5K on Memorial Day weekend. More than 300 people ran or walked to raise funds and awareness for Interfaith's New Direction Counseling Center.

Interfaith's New Directions Counseling Center. New Directions serves anyone seeking counseling but prides itself on being a safety net for the uninsured and un-



STOP THE STIGMA 5K committee member Katie Asack, of Randolph, shared this photo of her daughter Vivian all decked out to participate in Interfaith Social Services' 46th annual Stop the Stigma race. The event, this year held virtually, raised more than \$65,000 for Interfaith's New Directions Counseling Center.

derinsured members of the community. The Center

makes mental health care accessible to everyone by offering a sliding scale payment system.

The Stop the Stigma 5K is supported by many generous local businesses, including top level "5K" sponsors Arbella Insurance Foundation and The Heritage Companies, as well as gold sponsors IntelyCare and J. Calnan and Associates and silver sponsors Bay State Federal Savings Charitable Foundation, Blue Cross Blue Shield of Massachusetts, Bridgewater Credit Union, Harvard Pilgrim Health Care Foundation, Plymouth Quarries, South Shore Health and St. Vincent de Paul Society.

To view more photos from the event or to make a contribution visit StopTheStigma5K.org. Information on the New Directions Counseling Center, including how to make an appointment, can be found at InterfaithSocialServices.org.

### EXERCISE SCIENCE FOUNDATIONAL FITNESS CERTIFICATE

The Foundational Fitness Certificate provides three key online courses preparing students to enter the fitness profession as an instructor or continue their education as a certified personal trainer. This certificate serves as a pathway to the Quincy College one-year Exercise Science/Personal Trainer Certificate and/or our two-year Exercise Science/Personal Trainer Associate Degree.

Your next course of action is to complete this 7-week mini-certificate online this summer.

**NEW 7-WEEK CLASSES  
JULY 7 - AUGUST 24**

**EXS 102 Muscular and Cardiovascular Fitness**

• Taught by Dr. Wayne Westcott

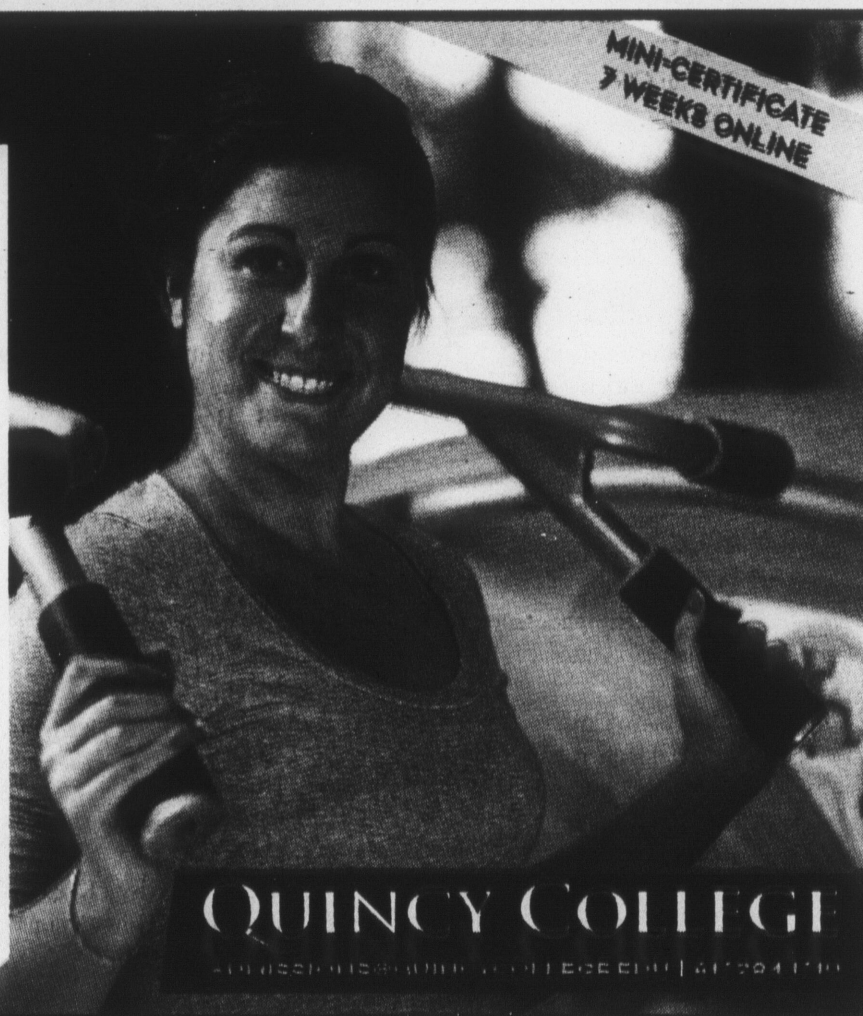
**EXS 119 Biomechanics and Bioenergetics**

• Taught by Suzanne Young

**EXS 201 Youth and Senior Fitness**

• Taught by Karen Peterson

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# State DPH Offers Summertime COVID Safety Guidance

With the arrival of summer weather, and as COVID-19 related restrictions on daily activities begin to lift, the Massachusetts Department of Public Health (DPH) reminds residents of the recommended precautions to keep families, including young children, safe this summer.

## Prevent Tick Bites

Ticks can make you sick when they bite you. They are most commonly found in grassy, brushy, or wooded areas. They only attach when you come into direct contact with them — they cannot jump or fly. Follow these steps if you live, work, or spend time in areas where ticks are present:

- Check yourself for ticks once a day — it's the single most important thing you can do.
- Use repellents that contain DEET on your exposed skin and those that contain permethrin on your clothes.
- When walking or hiking, stick to main pathways and the center of trails if you can. Brushing against tall grass and bushes will increase your exposure to ticks.
- Weather permitting, wear long-sleeved, light-colored shirts and long pants

tucked into socks. This will help keep ticks away from your skin and make it easier to spot ticks on your clothing.

Because dogs and horses are particularly susceptible, talk to your veterinarian about the best ways to protect your animals from tick-borne disease.

## Prevent Mosquito Bites

The 2019 mosquito season was an active season for Eastern Equine Encephalitis (EEE) in Massachusetts. This mosquito-borne illness appears generally in 2-3 year cycles, traditionally peaking during August.

While the risk for human infection of EEE or West Nile Virus won't happen until later this summer, people have an important role to play in protecting themselves from these illnesses which can be very serious. To prepare for mosquito season:

- Drain standing water in and around your house or yard to prevent mosquito breeding.
- Repair window and door screens to keep mosquitoes out of your home.
- Use a mosquito repellent with an EPA-registered ingredient according to the directions on the label.

• Wear clothing to reduce exposed skin when weather permits.

To learn more, watch this 3-minute video narrated by State Epidemiologist Dr. Catherine Brown about the mosquito-borne virus and how to protect yourself and your family. For more information about preventing mosquito and tickborne illness, visit [www.mass.gov/mosquitoesandticks](http://www.mass.gov/mosquitoesandticks).

## Water and Pool Safety

Drowning is a leading cause of death among young children, both nationally and in Massachusetts, with backyard pools posing the highest risk for children under the age of 5. To help prevent water-related injury and drowning:

- Children should be supervised in and around water at all times.
- Whenever infants and toddlers are in or around water, including the bathtub, an adult should be within an arm's length at all times providing "touch supervision."
- Completely separate the house and play area of the yard from the pool area with a fence. Consider automatic door locks or alarms to prevent access.
- Remove floats, balls, and other toys from the pool

after use so that children are not tempted to reach for them. After the children are done swimming, secure the pool so they cannot get back in.

• Keep rescue equipment (such as a shepherd's hook or life preserver) and a phone by the pool.

• For children who cannot swim, use a U.S. Coast Guard-approved life jacket. Do not use toys, such as "water wings" or "noodles" in place of life jackets. These are not designed to keep swimmers safe.

## In public swimming areas:

- Be sure to practice social distancing from others before and after you swim and wear a cloth face cover-

ing or mask when you cannot maintain 6 feet of distance from others.

• Select swimming sites that have lifeguards whenever possible, and swim only in designated swimming areas.

• Always swim with a buddy.

## Window Safety

Falls are the leading cause of injury to children, and falls from windows involving young children are especially serious. Window falls are preventable. Screens are not strong enough to protect children from falling out of windows. In order to prevent window falls, parents and caregivers should:

- Keep furniture — and

anything a child can climb on — away from windows.

• Open windows from the top, not the bottom, when possible and lock all unopened doors and windows.

• Be sure children are always supervised,

• Install quick-release window guards which can be found in most hardware stores.

Additional tips on preventing falls among children can be found on the U.S. Centers for Disease Control and Prevention fall prevention website.

To learn more about childhood injury prevention, visit the DPH injury prevention and control program website.

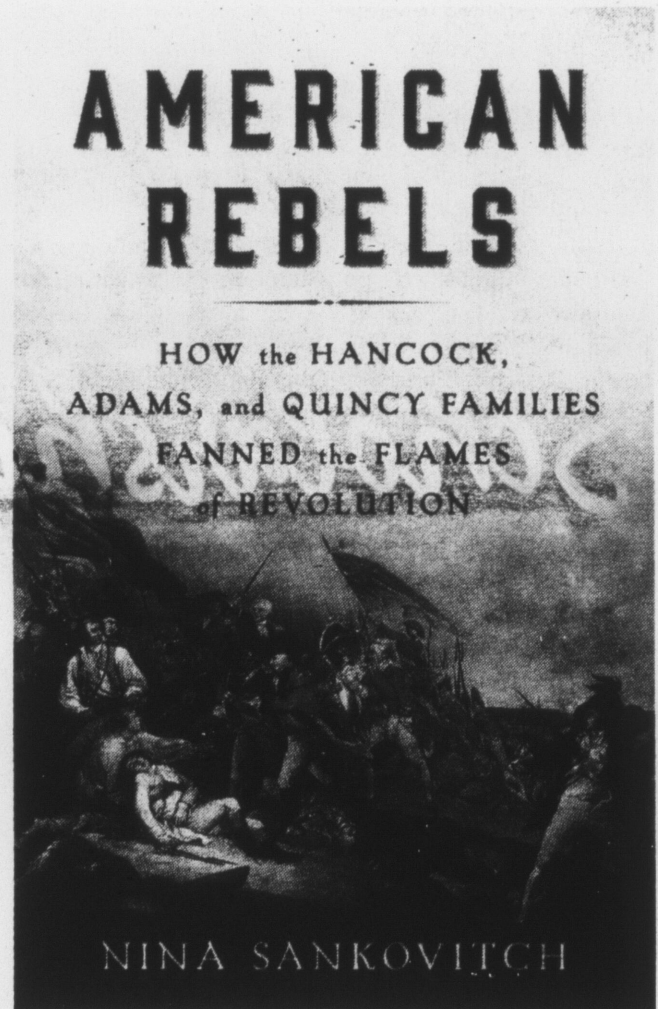
## Discover Historic New England: American Rebels

Learn how the Hancock, Adams, and Quincy families propelled the American Revolution forward. Nina Sankovitch, author of *American Rebels: How the Hancock, Adams, and Quincy Families Fanned the Flames of Revolution*, will discuss her book at 7 p.m. Thursday, June 25.

The book, which was published earlier this year, explores how the desire for independence cut across class lines and bound people together, leaving loyalists behind as rebels pursued the common goals of opportunity, liberty, and stability.

Sankovitch is the author of several nonfiction books, most recently *The Lowells of Massachusetts*. She has written for The New York Times and The Huffington Post. A graduate of Tufts University and Harvard Law School, Sankovitch grew up in Illinois and currently lives in Connecticut.

She will be joining via Zoom and the program will be broadcast to Facebook



Live and the Thomas Crane Public Library YouTube channel.

## Boost Mental Wellness With Tech

Join classically trained actress and public speaker Amber P. Knight at 7 p.m. Monday, June 22 and learn how to use technology to boost your mental health.

In this one-hour webinar, Knight will present tools, tips, and hacks about using everyday tech to help overwhelmed people thrive during times of uncertainty and change.

Knight has been a speaker with the National Alliance on Mental Illness (NAMI) and the Dauten Family Center for Bipolar Treatment Innovation, Massachusetts General Hospital. Her talks are about lived experience with bipolar disorder.

This program will be broadcast on Facebook Live and The Thomas Crane Public Library YouTube channel, in addition to Zoom.

## WE ARE RE-OPENING MONDAY, JUNE 29<sup>th</sup>, 2020

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Class size limited ~ First Come First Serve!  
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Hyde Park: 617-910-9175

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# *Congratulations Graduates!*

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\*Some restrictions apply. Excludes selective admissions programs. Limit of one scholarship per student. No cash value.



## 400 Rally At Prayer Vigil

### Ask Mayor To Declare Racism Public Health Crisis In Quincy

Approximately 400 people met at Wollaston Beach Sunday to stand in solidarity with the Black Lives Matter movement and to have vigil for people of color who have lost their lives through police brutality, the criminalization of black and brown people, and white supremacy.

Organized by Eastern Nazarene College's Black Student Union, Unified Gospel Ministries Inc. and Bethel Church of the Nazarene, the protestors — many who are part of faith communities in Quincy — prayed, read scripture, lamented, confessed complicity in structural inequality, and or-

ganized around next steps to dismantle structural racism.

Tiffany Adams, one of the rally's organizers, urged Mayor Thomas Koch, like Boston's mayor Marty Walsh, to "Make racism a public health crisis" and asked, "Does my Black life matter in Quincy?"

Rose Percy, a minister at Bethel Church of the Nazarene, read a poem for the exhausted that called all people to stand up and fight for equity. She asked people to not just be allies, but accomplices. "Ally is an empty word. It takes more than support to make a difference."

Pastor Mat Thomas ex-

plained in his call to white people. "Accomplices are willing to take the necessary steps to dismantle the power structures of white privilege and white supremacy."

"A people united will never be defeated" is just one of the many chants heard through the crowd.

Diverse voices called for active engagement in anti-racism.

"Asian Americans, where are you at?" asked Pastor Kat Hampson, from Highrock Quincy, as she called Asians to be accomplices in the fight for equity. "It is the lie of white supremacy that keeps us silent. Fellow Asian American Mothers, Fathers, Sisters, Brothers, Aunts, and Uncles, we need to speak up, we need to show up. Silence is the scar that has formed over our trauma, and the silence has hardened into indifference."

Addressing the Latinx community, Michelle Orellana proclaimed, "As a result of the pathway the Black community has paved for many of us Latinos [through the Civil Rights Movement], we can say to them, 'we are here.'" She ended by calling out colorism within the Latinx community and challenged them to be "a community that believes that Black Lives Matter and walk alongside black people until we see change."

"Who streets? Our streets!" was another declaration during the rally as well as "Enough is enough!" The rally organizers ended the program with tangible steps to connect to the anti-racism movement in Quincy, including demanding Mayor Koch to declare racism a public health crisis, the formation of a community review board, and transparency and accountability through publicly available data on field and traffic stops and officer complaints.

Quincy4justice.org is the website that has been created to mobilize the Quincy community in coordination with Quincy for Transformative Change.

As Adams says, "The fight doesn't stop with the arrest of Floyd's murderers! We have to keep moving forward, keep fighting until the achievement gap doesn't exist anymore, until the school-to-prison pipeline becomes extinct, until displacement through gentrification ends in our black communities, and until Black lives stop dying in the streets! Legislation is the way to equity. Change legislation, change the system."

### Aileen Farrell On Northeastern Dean's List

Aileen Farrell of Quincy, a senior at Northeastern University, has been named to the Dean's List for the spring semester.

Farrell is a 2016 graduate of Fontbonne Academy. She will graduate Northeastern in December and is studying graphic design.

## RELIGION

### First Baptist Church Of Wollaston

First Baptist Church of Wollaston, 81 Prospect Ave., Quincy, continues its online remote worship service Sunday.

Pastor David Choi will preach his sermon: "Our Advocate" (John 14:26); reader will be Vera Bulman.

The following is the church online dial-in/web meeting weekly schedule:

- Sunday 10:30 a.m. - worship service.

- Wednesday, 6:30 p.m. - community group meeting; Gospel of John.

- Thursday, 6:30 p.m. - Bible classes; Epistle of Paul to Romans.

- Friday, 11 a.m. - prayer group meeting.

Go to the Home page of the church website: [www.firstbaptistchurchofwollaston.org/](http://www.firstbaptistchurchofwollaston.org/) to join our online Sunday worship service and activities.

### Music Sunday At Quincy Point Church

Quincy Point Congregational Church will celebrate Music Sunday at online worship June 21.

There will not be an inside gathering at the church Sunday. Instead there will be an extra special online worship service at 10 a.m. on Sunday morning (which can really be viewed anytime - see viewing options below.)

This is also the third week of the month when the Missions and Social Justice Committee usually collects and sends non-perishable items to Interfaith Social Services. Since the church is not taking up an item collection we remind you that you can still donate by going to: <https://interfaithsocialservices.org/donate>.

To view worship online you can go to Facebook or YouTube and search for

Quincy Point Congregational Church. You can also visit our worship link at [www.quincypointcong.org](http://www.quincypointcong.org). On your TV, if you have Xfinity or a smart TV, you can find us too. Simply press your voice remote and say, "Quincy Point Congregational Church on YouTube."

Worship is also broadcast on Wednesdays at 6 p.m. on Quincy Access TV- Channel 8. Log in or tune in, watch, listen and sing along.

The Church Office will remain open, Monday through Friday from 9 a.m. to 2 p.m. Call or email the church if you have any concerns or questions.

Pledges or donations can be mailed to 444 Washington St., Quincy, MA 02169 or online @ <https://www.quincypointcong.org/donate>.



A SMALL SCALE granite gazing ball comprised of famed Quincy granite (foreground) was recently returned to the city after a 40-year absence. A larger scale version of the granite ball (background) was presented to the city by the Granite Manufacturers Association in 1925. The larger ball is located outside City Hall. The smaller ball will be featured as an artifact in Quincy's Old Town Hall Museum located in the James R. McIntyre Government Center.

Photo Courtesy Lisa Aimola

## Small Scale Granite Gazing Ball Found In Western MA

A hidden Quincy treasure resurfaced after 40 years last week in Western Massachusetts.

Geosciences Professor Julie Brigham-Grette of the University of Massachusetts-Amherst reached out to Mayor Thomas Koch saying a smaller version of the Granite Gazing Ball monument outside Quincy City Hall was found in an old classroom at the university.

The "Gazing Ball", donated to the City in 1925 by the Granite Manufacturers Association, celebrated the 300th anniversary of Quincy's settlement. The larger scale version showcasing the local granite industry made a permanent home

outside Quincy City Hall on the Hancock Adams Common in 2016. The newly found small scale version is said to be a concept draft version designed for approval before the larger one was created.

As legend has it, this smaller version that measures about 17 inches high was taken from Quincy over 40 years ago by some former graduate students who took the piece as a prank. Over the years, it was passed around from one alum to the next. When cleaning out an old-Geosciences classroom at UMass-Amherst for renovation in recent time, Professor Brigham-Grette and Professor Mike Williams

found the monument and Professor Williams remembered hearing the history of the prank.

The base of the smaller scale model reads "Erected in Commemoration of the Tercentenary of the Founding of Quincy 1625-1925." Understanding that the City of Quincy will be celebrating the 400th anniversary of its settlement in 2025, the professors were happy to return it to the city ahead of the upcoming anniversary.

Mayor Koch said this newly retrieved, smaller version will be on display in Quincy's Old Town Hall's Museum located in the James R. McIntyre Government Center.

### Lynch Nominates Peyton McGaffigan To U.S. Merchant Marine Academy

Congressman Stephen F. Lynch, D-Boston, has nominated Peyton McGaffigan of Quincy for appointment to the U.S. Merchant Marine Academy.

McGaffigan, the son of Joe and Kara McGaffigan is a 2020 graduate of North Quincy High School.

McGaffigan was highly recommended by his teach-

ers at North Quincy High School.

"He is a remarkable young man, and we are fortunate that young people like Peyton are willing to serve our nation," Lynch said.

Lynch and his congressional liaison to the United States Service Academies, Bob Fowkes, examined each candidate's record of academic, athletic, and service achievements in addition to evaluating letters of recommendation.

After an extensive review process and a personal interview, McGaffigan was selected as someone whose scholastic record and community contributions elevated him to the top of a list of well-qualified candidates.

### Bethany Congregational Church

Bethany Congregational Church is continuing its video ministry with a full church service available on Sunday mornings. Go to the Church website: [bethanycongregationalchurch.org](http://bethanycongregationalchurch.org) and scroll down to the very bottom to find the link to the most recent service. This will give you not only the church service, but the bulletin and other information about what's going on in the church. Or, you can go directly to YouTube and type in Bethany Church Quincy,

Massachusetts to find all of the services.

To participate in the ZOOM coffee hour at 10:30 Sunday mornings, contact the church office (617-479-7300) and let them know to put you on the list to receive meeting information.

Bethany Church is planning to re-open in mid-July with regular Sunday services. These will be following the state guidelines regarding social distancing and mask wearing.

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## LEGAL NOTICE

## LEGAL NOTICE

**CITY OF QUINCY**  
**SCHEDULE FOR WATER & SEWER**  
**FISCAL YEAR - 2021 (EFFECTIVE JULY 1, 2020)**

**WATER USAGE:**  
**SEWER USAGE:**

**\$6.67 per hundred cubic feet**  
**\$14.52 per hundred cubic feet**

**Residential Billing cycle is Quarterly**  
**Non-residential Billing cycle is Monthly**

New Connection Charge \$375  
 Application and inspection of a new connection to the sewer system.

Unauthorized Sewer Connection \$5,000  
 Unauthorized connection to the sewer system for which an application was not submitted and approval was not granted by the Commissioner of Public Works.

Unauthorized Sewer Use  
 Any discharge to the sewer system that does not come from an approved connection. Examples would be dumping of waste directly into the sewer system via a sewer manhole, a sump pump that drains directly into the sewer, or downspouts from gutters that drain directly into the sewer system.

1<sup>st</sup> Offense \$500  
 2<sup>nd</sup> Offense \$1,000  
 3<sup>rd</sup> Offense \$2,500

Sewer Pipe Inspection \$200 per day - Site visit to inspect sewer connections.

Denial of Access to Premise/Property \$25 per visit  
 Site visit necessary to determine the extent and cause of a sewer system issue and access has been denied by the customer or the property owner(s).

Private Infrastructure Analysis - Cost of Labor & Materials  
 Inspection and/or analysis of a private sewer. The property owner(s) will be responsible for reimbursing the Sewer Department for the cost of labor and materials used.

Private Infrastructure Repair - Cost of Labor & Materials  
 Repair by the City of a private sewer. The property owner(s) will be responsible for reimbursing the Sewer Department for the cost of labor and materials used.

Lateral Maintenance-Residential (4 units or fewer) - \$375  
 Property owner(s) are responsible for maintenance and repair of the sewer line between their foundation and the edge of the sidewalk. In the event that cleaning of the sewer line is required, the City will clean out the sewer line once per fiscal year at no cost to the customer. Property owner(s) will be charged for subsequent cleanings.

Lateral Maintenance-Large Residential and Mixed Use Residential (5 units or more) \$500 or \$250/hr whichever is greater. The property owner(s) are responsible for maintenance and repair of the sewer line between their foundation wall and the edge of the sidewalk. Upon request, the City will clean the sewer line for the charge identified above.

Lateral Maintenance-Non-residential - \$1,000 or \$500/hr, whichever is greater  
 The property owner(s) are responsible for maintenance and repair of the sewer line from their foundation wall to the point where the line connects to the sewer main (generally in the center of the street). Upon request, the City will clean the sewer line for the charge identified above.

Lateral Repair or Replacement - Cost of Labor & Materials  
 Upon request, the City will repair or replace a lateral sewer line. The property owner will be charged for the cost of labor and materials used.

Prohibited discharges include all substances, waters, or wastes that may harm or interfere with any wastewater system. They include cooking fat, bacon grease, oil, fuel, etc.  
 A complete listing of prohibited discharges can be obtained from the DPW at 55 Sea St.

Prohibited Discharge—Residential and Large Residential or Residential Mixed Use - First Offense \$1,000  
 Prohibited Discharge—Residential and Large Residential or Residential Mixed Use - 2nd Offense \$2,500  
 Prohibited Discharge—Residential and Large Residential or Residential Mixed Use - 3rd and Subsequent Offense \$5,000  
 Prohibited Discharge—Non-residential First Offense - \$2,500  
 Prohibited Discharge—Non-residential 2nd Offense - \$5,000  
 Prohibited Discharge—Non-residential - 3rd and Subsequent Offense \$7,500  
 Water Service Turn On/Turn Off \$75.00  
 Manual Meter Read \$100.00 per billing interval  
 Water Meter Test - Meter 1" or smaller \$100.00  
 Water Meter Test - Meter larger than 1" \$100.00

If commercial customer fails to comply with city's request to test meter, then the city is authorized to engage a private vendor to disassemble and test the meter and charge the cost of same to commercial customer

Meter Freeze Up \$100.00 plus cost of meter  
 Damaged, tampered, or missing meter \$150.00 plus cost of meter  
 Damaged, tampered, or missing meter reading device \$175.00 which includes replacement of meter reading device  
 Valve Replacement \$150.00 which includes labor, parts and valves  
 Lawn Service Application \$75.00  
 Water Service Application - 1" or smaller \$75.00  
 Water Service Application - 1 1/4" to 3" \$100.00  
 Water Service Application - 4" or larger \$150.00  
 Unauthorized Water Connection \$550.00 plus cost of meter

**Massachusetts Water Resource Authority Special Assessment**

The Massachusetts Water Resource Authority billing charged to the City for high strength user(s) shall be charged to the high strength user(s) so identified by the Massachusetts Water Resource Authority.

Water Service Line Leak Repair  
 After notice to customer to repair a leak on the customer's property, if customer does not repair same, then the city shall complete the repairs and charge the customer for the cost of said labor

Fire Service Application \$300.00  
 Fire Flow Test Observation and Assistance \$250.00  
 Hydrant Meter Application \$75.00  
 Hydrant Meter Deposit - Meter 1" or smaller \$500.00 Deposit  
 Hydrant Meter Deposit - Meter larger than 1" \$3,500.00  
 Hydrant Meter Late Return \$10.00 per calendar day  
 Hydrant Meter Service \$100.00  
 Hydrant Meter - Minimum Monthly Usage - 5/8" meter \$75.00 per month  
 Hydrant Meter - Minimum Monthly Usage - 3/4" & 1" meter \$100.00 per month  
 Hydrant Meter - Minimum Monthly Usage - Meter larger than 1" \$300.00 Minimum Monthly Usage  
 Unauthorized Hydrant Use - 1<sup>st</sup> Offense \$1,000.00  
 Unauthorized Hydrant Use - 2<sup>nd</sup> Offense \$5,000.00  
 Cross Connection/New Construction - Initial Survey \$200.00  
 Backflow Prevention Device Test & Inspection - Double Check Valve \$75.00  
 Backflow Prevention Device Test & Inspection - Reduced Pressure Devices (each) - First five (5) \$100.00  
 Backflow Prevention Device Test & Inspection - Reduced Pressure Devices (each) - Next ten \$50.00 each  
 Backflow Prevention Device Test & Inspection - Reduced Pressure Devices (each) - Sixteen or more \$25.00  
 Water/Sewer Pipe Inspection - single instance \$600.00 Combined Inspection  
 Water/Sewer Pipe Inspection - multi-day \$100.00 per day  
 Denial of Access to Premises/Property \$25.00 per visit  
 Private Infrastructure Analysis - Cost of analysis/leak detection charged to customer  
 Private Infrastructure Repair - Cost of repair: including labor, repair and materials  
 Street/Sidewalk Opening Application \$75.00  
 Water Testing \$25.00  
 Final Meter Read \$50.00

6/18/20, 6/25/20



# Leaking Transmission Fluid, ABS Problems, SUV Choices

## Ask John Paul: AAA New England's Car Doctor

I recently had some transmission work done by a professional, drove the car home and parked it in my garage and not used it since. Now it is leaking transmission fluid. This is the second time this has happened. What are your thoughts?

You need to go back to the shop that did the repairs and have them evaluate the leak. My guess is that there was a gasket leaking and the shop tightened up the fasteners hoping for the best. Chances are they need to replace the leaking seal or gasket.

I have a 2010 Honda Crosstour, purchased new and have had serviced at the dealer for any required work. It now has 202,000 miles on it and I plan to pass it on to my grandson a year from now when it will have about 210,000 miles on it. It has been the best car I have owned of all the cars I've had. To my knowledge Honda will not be making this model again and their lineup for AWD consists of CRV and Pilot. I'm interested in a similar design AWD 4 door hatchback as a replacement. What is out there you would suggest?

The Honda Crosstour was a novel vehicle that really didn't have a direct competitor. Acura had their version with the ZDX, Toyota has the Venza and that is about all there was. Today all of those vehicles are gone. The Honda CR-V is always a good choice, reliable and fuel efficient. The Toyota Prius is a hatchback and is now available with all-wheel-drive and historically has been very dependable.

I have a Nissan Frontier pickup truck that I purchased used this year. I really like the truck, but it has one odd problem. The doors lock and unlock with the key-fob, but not with the button on the outside of the door handle. I asked my local shop and they said it is probably the switch but wasn't sure and didn't seem to be interested in looking at it. Any ideas?

There may be nothing wrong other than the previous owner disabled that function. The owner's manual should have instructions on how to check. If the truck has navigation, go into the comfort and convenience section and see if that function has been turned off. If your truck doesn't have navigation, you access this function through the steering wheel controls and the dash display.

I own a 2017 BMW 3-series with turbo-charged engine, I like the car and it handles well. Almost once a week I get an email about various devices that are supposed to improve engine power, in some cases up to 40 percent. The car could use a little more power and now that it is out of warranty, I'm thinking about this tuner kit. What do you think?

I don't have much firsthand experience with these kits, but I know that some/most change the amount of turbo-charger boost. Some of the kits that I have read about increase turbo boost at full acceleration by nearly 50 percent. Adding this extra boost pressure and increasing engine temperature could certainly shorten the engine life. In addition, although these products may state they are certified by the EPA, to the best of what I have seen on BMW's website none are EPA or CARB certified.

I have been doing my own repairs for years and now when I replace my vehicle's brake pads I usually replace the brake rotors. Do professional shops still resurface brake rotors?

The traditional brake lathe doesn't get much use these days. Brake rotors have come down in price and in my opinion quality as well. There was a time when brake rotors could be reused several times. Today between rusting and warping it is in the best interest of the customer to replace worn rotors with a quality new part. At car dealerships an on-car lathe will sometimes be used to solve brake vibration problems on new vehicles while under warranty. These on the car lathes are able to compensate for any slight variations in rotor and hub fit. Like you when I do any brake servicing on my own vehicles I replace the rotors with the brake pads.

I have about \$50,000 to spend on my next new vehicle; our second car is a Jeep Grand Cherokee. My friends all say you should buy an M something or an S something. I was thinking a Mercedes maybe just to keep up with my BMW and Audi neighbors. What do you think?

I recently drove the Mercedes Benz AMG CLA and found it to be both fun and comfortable. There was plenty of technology with almost semiautonomous driving. The front seats are comfortable and supportive, the rear seat is tight when the front seats are pushed all the way back. The 2.0-liter turbo-charged four-cylinder engine makes 302 horsepower and will hustle the CLA to 60 miles per hour in under 5 seconds. I haven't driven an Audi or BMW in a while but based on my time in the Mercedes AMG CLA 3.5,

I would put it slightly ahead of what I remember about the last BMW M2 or Audi RS3 that I have driven.

I purchased a new to me 2015 Chevy Sonic that has had multiple problems, the most dangerous being that the ABS kicks in during non-emergency stops and locks the brakes. The previous owner, a friend and neighbor had the car to the dealer multiple times over years and they tell me that they can't find a problem. To drive the car safely I've had the ABS fuse removed -- it works fine but of course the ABS light is on. I do have an extended warranty I purchased from AAA warranty which only helps if someone can find and fix the problem. Can you suggest an effective approach to getting my car repaired?

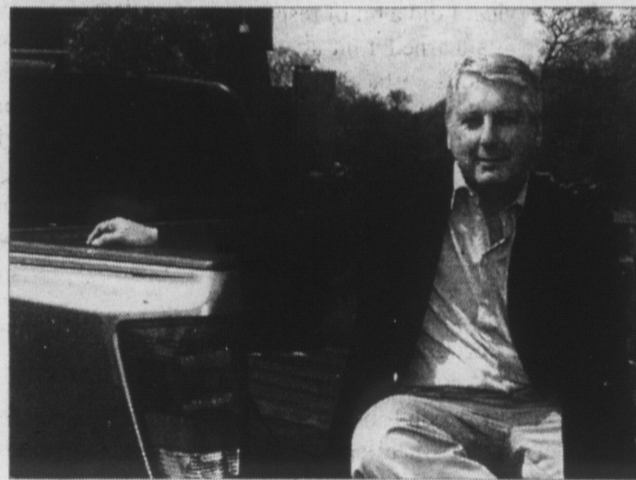
According to the database that I use, AllData, there are a couple of technical service bulletins that address the anti-lock brake and traction control issues. The ABS system in your Sonic is very sensitive and even tire design can cause the ABS to kick-in unnecessarily. At this point I would go back to the dealer and ask them to get a field service engineer from General Motors involved. I remember a year or so back I got the same question and after some research there was a software update that cured the problem. There is no reason that this system shouldn't work as designed.

My 2007 Chevy Silverado pick-up truck with a 4.8-liter V-8 engine has a problem with the charging voltage varying between 13.4 and 15.2 volts. Thinking it was alternator I changed it, but the problem is still there. In addition to the charging voltage I know the alternator is charging because when I remove the positive battery cable the engine still runs. What else might it be. This all seemed to start after I left the headlights on and the battery went dead.

First things first: don't ever remove the battery cable in a car with an alternator. When you do this you can damage many electrical components. You could get away with this when cars had generators, but not now. I think you are chasing a ghost that you don't need to. This varying voltage reading may in fact be perfectly normal. The voltmeter fluctuating between 12 and 14 volts is due to the regulated voltage control (RVC) system. This system reduces the targeted output of the generator to 12.6-13.1 volts when in "fuel economy mode" to improve fuel economy. According to General Motors the generator may exit "fuel economy mode" if additional voltage is required. This will cause the voltmeter to fluctuate between 12 and 14 volts as opposed to non-regulated systems that usually maintain a more consistent reading of 14 volts. Again, according to General Motors this fluctuation with the RVC system is normal system operation and no repairs should be attempted. This is just another reason that when a battery is allowed to go "dead" it needs to be recharged on a battery charger and not just by letting the engine run.

I am a Florida snowbird and thinking of leaving a 2016 Buick here year-round. I drove the car down here and am thinking of taking advantage of cheap flights and flying back. It will not be driven again until I head back to Florida after Christmas. How do I prep the car properly for this downtime? It will not be garaged and will be left outdoors in a carport. By the way, when I'm in town I still read your column online each week.

Just before you put the car away, have the oil changed and let the shop know that the car will be idle for months. A good shop will take a little extra time to top off any fluids and lubricate items such as bushings, locks, cables and other items that can stick from lack of use. If you have electricity available, you may want to consider buying a battery charger designed for storing a vehicle. The Battery Tender, available in many stores, does a good job of keeping the battery fully charged without damaging it. If not, disconnect the battery; it may still go dead but stands a better chance if disconnected. Fill the gas tank and add a fuel stabilizer. To protect the paint, thoroughly wash the car and apply a good



JOHN PAUL  
AAA's Car Doctor

wax and polish. I do prefer to cover the car and use a quality cover that is both waterproof and breathable. To prevent moisture-build up inside the car, use moisture dry-packs. Put one in the front and rear of the car. Put an aluminum pie plate under them to prevent any staining. To prevent flat spotting of the tires, get a piece of Styrofoam construction insulation and cut a piece and put it under each tire.

I purchased a new to me 2014 Ford Mustang GT with the track-pack option and six-speed manual transmission and I love the car. I have just 51,000 miles on it and there are small grooves in the front rotors, the brake pads are fine. The service manager at my repair shop said this is normal. I always thought rotors should be smooth. What does the Car Doctor think?

Generally, brake rotors should be smooth. With your Mustang and the track-pack option, it comes with upgraded Brembo brakes. These Brembo brakes, due to their construction, can be a little hard on the rotors. I have driven two new 2020 vehicles with Brembo brakes and the rotors did look a bit rough, but the vehicles stopped smooth and straight. If you don't get any noise or vibration, I wouldn't worry about it.

I'm looking for a cheap and good used car to tow behind my Class C RV camper. It always seems that as soon as I get my RV parked in my site at the campground, I have a need to drive somewhere to pick up something that I forgot. Also, I'd like to use this little vehicle to drive around and do some sightseeing while I leave the RV at the campground. The vehicle I'm looking for would be a small used car that could seat four people and be small and light enough to tow behind my Class C RV. Any thoughts?

Years ago, I had an old (even then) Winnebago Class A motorhome and I had the same problem. As soon as I got it in its spot and level, we needed something. I ended up carrying a motorcycle on a homemade rack. Flat towing is always a challenge because of lubrication of the transmission. A couple of SUV choices are a Jeep Wrangler and a Honda CR-V (2007-2014). The Jeep would be a fun vehicle to have at your disposal and doesn't have any towing restrictions. According to Honda, speeds should stay under 65 MPH when being towed. For a car the 2016-2018 Ford Focus with the 2.0 liter engine seems to be a popular choice.

Any thoughts on the Jeep Gladiator? I like the idea of a Jeep pickup truck, but it seems pricey?

There are pickup trucks that can carry more cargo, have more passenger room and have higher towing capacity. But as a complete package, none can give you what the Gladiator can. You can tackle serious off-road driving, tow a trailer, carry stuff and take off the doors and roof and enjoy open air driving. When you factor in everything the Jeep Gladiator is capable of it is a good value.

My car has been parked in a parking garage for a couple of weeks and I would like to have it sanitized. It is my understanding that there have been some residents of my building that have been diagnosed with Covid19. Any idea how I can get this done?

Cont'd On Page 21

## PAUL'S AUTO BODY

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Cont'd From Page 20

I have seen some vehicle detail and reconditioning shops advertising this type of service. I would start with a mobile car detailing service. I did a bit of research on the CDC and WHO websites and learned a bit about how long the virus can survive on various surfaces. Research shows depending on the surface the virus can last from hours to several days. If no one has been in the car for several weeks, to me it seems like the car would be safe. I would go over the high-touch exterior surfaces like the door handles with a sanitizing wipe, just to be extra cautious. Scientists feel free to weigh in on this.

#### Do anti-lock brakes and traction and stability control systems cause additional brake wear?

Stability control systems will apply the brakes to prevent skidding and traction control system will apply the brakes selectively to prevent wheel spin. Although under normal circumstances these systems are not operating. To me any additional brake wear (I believe it to be very little) is well worth the extra safety of these systems.

I'm looking at full sized pick-up trucks and have always owned Chevrolet and Fords and although they have been fine, I'm thinking of something else. I really like the looks of the Nissan Titan. What do you think of it?

The 2020 Titan has been pretty thoroughly updated with a much better nine speed transmission and additional safety electronics such as automatic emergency braking and intelligent cruise control. The ride is comfortable, the interior is roomy and comfortable and the performance from the V-8 engine is quite good. Of course, the trade-off for engine performance is fuel economy. During my last road test of the 2020 Titan I only averaged about 16 miles per gallon. My other criticism is some vehicles "drive" bigger or smaller than their actual size. The Titan to me felt bigger than its actual size making some tight maneuvers more tedious.

I have a summer convertible: an old but still fun Mazda Miata. The top is worn and has a hole in it. My question is short of replacing it, is there any way to patch it? I tried duct-tape, but it just peeled off. The car is 20 years old and it just isn't worth \$700-\$900 I have been quoted to replace the top.

Depending on where the holes are you may be able to patch the top. I have seen some kits that come with a piece of topping material, cleaner and glue. It works like patching a bicycle tube or a tent. The other technique that seems to work is using some liquid rubber. I have seen some okay results using Flex-Seal, goop it on and let it dry. It isn't pretty but it is better than water dripping on your head.

What do you think of waterless car wash? I have seen these products and a worry about scratching the paint.

I believe the best method to wash a car is using water and dedicated car wash soap, especially if the car is really dirty. Now if you are good about regular washing and there is no caked-up mud and grit, the waterless wash products work well and save water. Before you start you will need plenty of microfiber cloths and you do need to be patient and let the wash products emulsify the dirt. One of the most important techniques is only clean in one direction while rolling the cloth so you always have a clean edge. The other benefit is the waterless cleaners add a little extra shine to the paint.

I have seen you answer a question similar to this one before and I need you to put on your "boat-doctor" hat back on. I have a 21-foot boat with a four-cylinder engine and appears to be a Chevy. The problem is, it is not running well. I did a compression test and the two middle cylinders only have about 40 and 60 pounds of pressure. The end cylinders are 130 PSI and 135 PSI. My neighbor thinks a bad valve. What do you think?

I think you will be spending some serious money (after all doesn't BOAT stand for Break Out Another Thousand) to get your boat engine running correctly. This compression test is a classic example of a leaking head-gasket. At this point you will need to pull off the cylinder head and inspect the gasket. In addition to replacing the head-gasket, you will most likely need to rebuild or replace the cylinder head.

I have a 2006 Ford 500 and I am having electrical issue. The car will start but dashboard won't light, and the engine is rough running. My mechanic could not detect issue, although he cleaned off battery cables and car ran fine for week or two before the problem came back. The mechanic thinks it may be battery cable harness needs replacing. What do you think?

Since cleaning the cables fixed the problem at least temporarily, I suspect your mechanic is correct. At this point the proper procedure is to perform a voltage drop test to see what is going on. I suspect that the negative cable may have high-resistance and it is causing the issues with both rough running and electrical power for the gauges.

I have a Chevrolet pickup truck and it has just 125,000 miles on it and it is running a bit sluggish. I took it to my regular shop; they didn't see anything out of the ordinary and suggested I go to a transmission shop. At

the transmission shop they said maybe a torque converter issue, but they weren't sure. Any thoughts? This has been a great truck; in the time I have owned it I have only replaced the tires, brakes and fluids, so I hate to give it up.

I think you provided the answer in your question. Although the torque-converter is a common problem that isn't where I would start. I believe you have the beginning of an engine misfire. Generally, as an engine misfires it will turn on the check engine light and it will flash, but not always. I think your truck at 125,000 miles may need nothing more than spark plug and perhaps spark plug wire replacement. Since you have never replaced the spark plugs this would be a good place to start.

I have a Buick and the battery went dead. I jump started it and then put a battery in it. The car is fine, but the speedometer gauge needle spun around and is on the other side of the pin in the gauge. I asked around and was told the gauge cluster would need to come out to reset the dials. Any suggestions?

This type of issue can happen when there is an electrical spike during a jumpstart. Some cars will allow you to go into a setting and reset the gauges, others like your Buick make it a little more complicated. In most cases the dash cluster needs to come out and the needles reset. Although I have seen some clever technicians direct compressed air through the trip meter reset hole and spin the needle all the way around.

When I go to the auto parts store there is a shelf full of different brands of oil filters. Does it really make a difference what kind I buy when doing an oil change at home? The dealer tells me that if I use a non-factory filter it could damage the engine.

I prefer when possible to use an original equipment filter, although that isn't always practical. The filter material is one of the keys to a high-quality filter. When possible, I look for a filter that uses a synthetic blend of filter material (rather than just cellulose) and has an anti-drain back valve-like the original that eliminate "dry-starts". I have only seen one manufacturer require an original equipment filter and issued a technical bulletin about it. I have also been in dealerships that have run out of a specific filter and purchased aftermarket filters from the local parts store.

What is the recommended interval for cooling system flush and service for a 2016 Toyota Tacoma? Is this a job I can do myself?

I use several technical databases including referencing the Toyota owner's manuals and get differing results. They all agree that coolant should be checked regularly. If this were my vehicle based on what I have seen in person and read, I would replace the coolant at 100,000 miles. Can you do it yourself, sure. The tricky part is making sure you get all of the air out of the system and use only Toyota or equivalent coolant.

My 2007 Acura TL battery drains overnight. I have

## 5 Tips For Managing Job Loss During COVID-19

Cont'd From Page 8

charged for services you can no longer use, such as gym memberships, children's summer camps or sports leagues, or season passes to performances or amusement parks. You may also find smaller savings that will add up if you review cable, phone and internet plans or subscription services.

Check to see if your community has implemented rent freezes or talk with your landlord about reducing or deferring payment. You might also consider moving in with friends or family temporarily or taking in a roommate, if feasible. If you have debt, such as a mortgage, car loan or credit card, reach out to your lender to see about loan forbearance or interest rate reductions. Currently, the federal government has deferred payments and interest accrual on federal student loans. If you can pay those, continue

doing so as it will cut down on the interest paid over the life of the loan.

### 3. Start your 2020 tax planning

The federal government and Massachusetts tax unemployment benefits as ordinary income (like wages), but you do not have to pay Social Security and Medicare taxes. Avoid a surprise tax bill by having up to 10% of your unemployment benefit withheld. You can ask to have taxes withheld when you apply for benefits, or you can file IRS Form W-4V, Voluntary Withholding with your state unemployment office.

You'll receive a Form 1099-G from your state unemployment division next January reporting the total unemployment compensation you received for 2020 (and whether you had any state or federal tax withheld from your payments), which you'll report on Schedule 1

had the alternator checked and it's fine. What is causing this problem?

The issue is referred to as parasitic drain. There is some system or component that is not shutting off when the engine is off. This could be as simple as a dome light that is staying on or even an electronic component of the emissions control system, seat motor or even the radio causing the drain. If this has happened several times, most likely the battery will also need replacement. At this point you need to find a shop that specializes in electrical diagnosis and repair. This is also a difficult issue to get an estimate for since it takes a wide range of time to find the source of the problem.

I own a 2013 Honda CR-V with approximately 41,000 miles on it. How often do I need to change the brake fluid and rear differential fluid? I have received a cost estimate from both a Honda dealer and independent shops and they tell me it will be about \$100 for each service. Are these services needed?

Unless there has been previous service the differential fluid should be replaced at 90,000 miles and the brake fluid at 36,000 miles. You need to use only Honda fluid for the differential. Certainly, at this point unless the brakes have been serviced recently or will be, it is time for a brake fluid replacement.

I have a 2001 Porsche Boxer and am having trouble finding a service station that knows how to work on it. Other than going to a dealer, how can I find a place to bring it near me?

Having a specialty sports car serviced, especially a 19-year-old sports car can be a challenge. There are many Porsche clubs all across the country. I would ask around where members are getting their cars serviced.

I'm looking at the 2019 Ford Flex. How reliable are these vehicles and should I purchase an extended warranty? The car is almost brand new and has low mileage.

When the Ford Flex was first introduced it had a multitude of problems. Over the years the Flex has become quite reliable; of course now, the vehicle is being discontinued. Regarding an extended warranty, there is several years of both the factory bumper to bumper warranty and powertrain warranty that transfer to you. Personally, I would wait until the end of the 3-year 36,000 bumper to bumper warranty and reevaluate the purchase at that point.

My 2004 RAV4 leaks onto the floorboard on the driver side and also near the sunroof. Any idea what could be wrong?

Chances are the sunroof drains are clogged and water is backing up. Start with low pressure air and clean the sunroof drains. Once you have determined the drains are clear, run low pressure water around the sunroof and see if you solved the problem.

Note: Recently I mentioned that the Diesel Brothers (TV hosts and Garage owners) were fined for "rolling coal." An observant reader pointed out that I understated the fine. The total fine was a staggering \$851,451.

of your 1040 when you file your federal income taxes.

### 4. Look for a new job

The job market may be difficult to navigate right now, but you should still start your job search. Update your resume and post it to online job search sites and reach out to all contacts who may be able to help with a job, including colleagues or supervisors from past positions. Be prepared to talk about the skills and expertise you can offer. Also, join or become more active in professional networks or associations in your field to stay current and make new contacts. In addition, the Department of Labor also offers many resources for job seekers.

Remember, many small businesses across Massachusetts have applied for Paycheck Protection Program loans through the CARES Act and must have the same employee head-

count on June 30 as prior to the pandemic for loan forgiveness. So many small businesses will be rehiring.

### 5. Look after your mental health

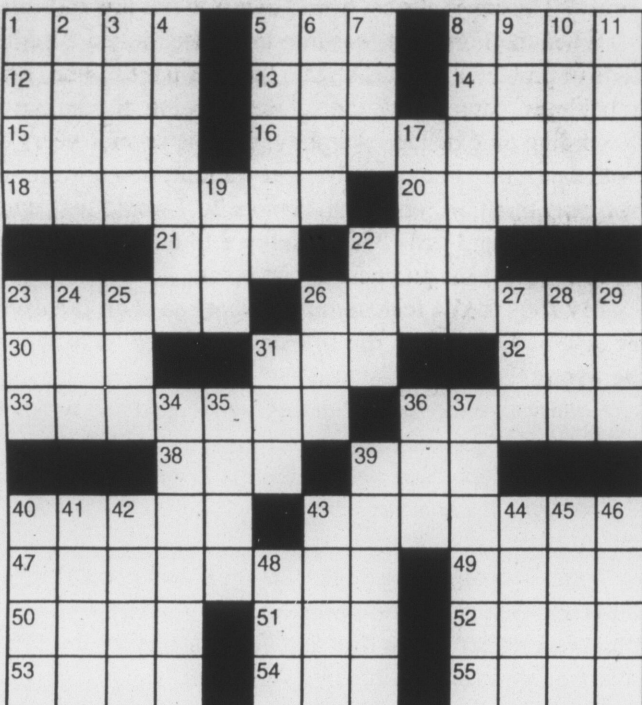
It's important to remind yourself of the value of taking a break and enjoying yourself. If you give yourself the chance to relax and have fun some of the time, your job search will seem easier. Social opportunities may be limited, but there are still several things you can do to remain active. Consider taking a jog, walking the dog or riding bikes with children, or use this time to read a new book, develop new skills or learn another language. Free apps, websites and videos can help you refine the skills you have or learn some new ones haven't had the time to develop. Some of these skills may prove useful in finding a new position or career path.



# SUN FUN PAGES

## King Crossword

- ACROSS**
- 1 St. Louis land-  
mark  
5 Hostel  
8 Grime  
12 Silver salmon  
13 Kan. neighbor  
14 Sandwich  
15 Destruction  
16 Thrilling  
18 Passage  
20 Idles  
21 Still  
22 "You've got  
mail" co.  
23 Really fun time  
26 Leave out  
30 Thither  
31 Beer cousin  
32 Queue  
33 Shout out  
36 Co-star with  
Ball, Arnaz and  
Frawley  
38 Branch  
39 Dine  
40 Larynx output
- 43 Surpasses  
47 "My bad"  
49 By word of  
mouth  
50 Night light?  
51 Atmosphere  
52 Loosen  
53 Paquin or  
Quindlen  
54 Final (Abbr.)  
55 Exam
- DOWN**
- 1 Land measure  
2 Sauce thicken-  
er  
3 Stylish  
4 Sweethearts  
5 Klutzy  
6 Adjoining  
7 Leno's network  
8 "Is that so?"  
9 Eye part  
10 Landlord's due  
11 Garb  
17 Sporty Camaro  
19 Emeritus  
22 Chopper  
23 "See ya"  
24 Bagel topping  
25 Anti-apartheid  
org.  
26 Shade source  
27 Samovar  
28 "What's up,  
—?"  
29 Ram's mate  
31 Intent  
34 Gap  
35 War god  
36 Carpet cleaner,  
for short  
37 Went to a  
restaurant  
39 Put forth, as  
energy  
40 — cava  
41 The yoke's on  
them  
42 PC picture  
43 Painter Nolde  
44 Sea eagle  
45 June honorees  
46 Coin aperture  
48 Water (Fr.)



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## MAGIC MAZE • WELL-AGED WORDS

ENKHDAXURPMJGDA  
XVASQNKIFDAXVTE  
QOMDJHFC EAYWCGU  
RPNLNLCLJGDHFA DB  
ZXVTEEEEOARQLROM  
KYIHGGGMTFIDRBZ  
YWC AVAAASTRTIRQ  
ONYNLGEBRKA EAIH  
FODCEGRAAEZGGXW  
VVUSAGCRQOVNEAM  
KJIPHFA TNEGAEERE

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: ACT OF TRAVELING BY WATER

|         |           |         |         |
|---------|-----------|---------|---------|
| Acreage | Average   | Cottage | Page    |
| Agency  | Bagel     | Damage  | Reagent |
| Agenda  | Carriage  | Eager   | Stage   |
| Agent   | Cartilage | Gage    |         |

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## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Blinds are longer. 2. Picture is missing from table. 3. Boy's shoes are different. 4. Cap is turned. 5. Pillow is smaller. 6. Boy's shirt has long sleeves.

## Trivia test

by Fifi Rodriguez

- U.S. STATES:** Bay Staters hail from which U.S. state?
- GEOGRAPHY:** What is the capital of Lebanon?
- HISTORY:** Which major World War II battle was known by the code name "Operation Detachment"?
- MUSIC:** Which rock group had a 1960s hit with the song "Incense and Peppermints"?
- MEASUREMENTS:** What does a chronometer measure?
- ADVERTISING SLOGANS:** Which automotive company had the slogan, "Quality is Job 1"?
- MOVIES:** Which movie won the 1991 Oscar for Best Picture?

- SCIENCE:** What kind of adaptation allows an organism to blend into its environment?
- LANGUAGE:** What does the Latin phrase "amor vincit omnia" mean?
- TELEVISION:** What is the capital of the Seven Kingdoms in "Game of Thrones"?

Answers

- Massachusetts
- Beirut
- Invasion of Iwo Jima
- Strawberry Alarm Clock
- Time
- Ford Motor Co.
- "Dances With Wolves"
- Camouflage
- Love conquers all
- King's Landing

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## Wishing Well®

3 4 6 7 6 8 5 7 4 6 7 4 2  
D B C B H S B E E E G C L  
6 5 6 7 5 6 5 6 3 4 3 8 7  
R E I O A S L H O H Y O O  
4 6 5 7 3 7 8 2 8 7 3 6 4  
O Y E D O T L O I O U O O  
7 6 8 5 6 2 6 3 4 8 3 5 3  
Y U T R R V F R S U V T E  
2 8 3 2 6 8 7 3 2 6 4 6 7  
E D R O R E O Y F I Y E U  
8 7 6 3 8 2 3 6 8 2 3 6 3  
I R N B S R E D O E S S T  
8 2 8 2 8 7 2 7 2 7 2 7 2  
K S A E Y S A E R L C F H

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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## Salome's Stars

**ARIES** (March 21 to April 19) A plan you've kept on hold for a long time finally could be greenlighted. But in typical Aries form, you'll need to be sure that everything is in place before you hit the "start" button.

**TAURUS** (April 20 to May 20) Others might urge you to act more quickly on your ideas. But you'd be wise to follow your Bovine instincts and get more facts to bolster your position when you finally present it.

**GEMINI** (May 21 to June 20) You might be tempted to accept the well-meaning offer of a friend to act as an intermediary in a dispute. But you know best what it's about, and you can handle the challenge. Good luck.

**CANCER** (June 21 to July 22) Entertainment can play an important role this week. Enjoy some well-earned diversion with people you care about. Something especially wonderful might come from this well-spent time.

**LEO** (July 23 to August 22) Catnaps and playtime are in order for Leos and Leonas who need to take some time off from their hectic schedules to restore their energies and rebuild their mental muscles. Have fun.

**VIRGO** (August 23 to September 22) Virgos will need to keep an open mind this week about choices that seem improbable. A closer study might well reveal possibilities that might have been overlooked. Stay with it.

**LIBRA** (September 23 to October 22) A disappointing outcome of a well-intentioned effort should be seen as a lesson in how to do it

right the next time. Note all your changes and have your new plan set up by week's end.

**SCORPIO** (October 23 to November 21) Creative projects might have to go on standby as you tackle other matters making demands on your time and energy. Things should ease by the middle of next week.

**SAGITTARIUS** (November 22 to December 21) Your honest approach to an unsettling experience draws admiration from others. Use their positive feedback to build support for your program to introduce needed changes.

**CAPRICORN** (December 22 to January 19) A workplace goal that suddenly seems out of reach is no problem for the sure-footed Goat, who moves steadily forward despite any obstacles placed in his or her way.

**AQUARIUS** (January 20 to February 18) A job-related situation could provide an opportunity you hadn't considered before. Look it over carefully and see where and how you can tailor it to fit your needs.

**PISCES** (February 19 to March 20) Showing strength as well as sympathy helps you deal with a difficult personal matter. It also helps you set an example for others when it's their turn to get involved in the situation.

**BORN THIS WEEK:** You have a way of making people feel comfortable without losing one whit of your own dignity in the process.

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## CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: D equals O

KGT HNWFT DS CGWMQYTC GLC

TCFLYLKTP NLHWPYI. IDE FDEYP CLI

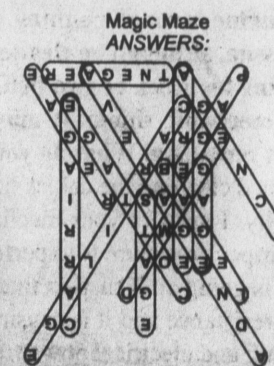
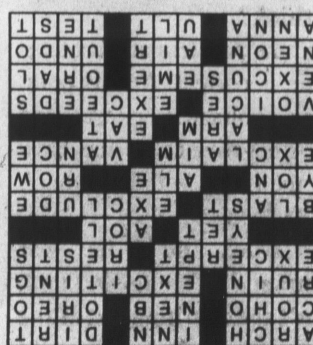
WK'C QDWMQ KGNDEQG KGT ND DS.

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## King Crossword

Answers

Solution time: 21 mins.



## CryptoQuip

answer  
It's going through the roof.  
The price of shingles has

J  
U  
N

1  
8

2  
0  
2  
0



# HOLLYWOOD

by Tony Rizzo

**HOLLYWOOD** -- An open letter to Stephen Colbert (CBS), Jimmy Fallon (NBC) and Jimmy Kimmel (ABC): People need to laugh and forget the politics and pandemics of the day, and you guys seem to have forgotten how to tell funny stories about life, liberty and the pursuit of happiness to transport us to funnier places. Jokes, quotes and clips from press conferences we see 24/7 on MSNBC and CNN don't cut it. Your monologues used to transport us from the troubles and the traumas of the day, but all you do lately is build on what we're trying to escape from.

Thank heavens for BBC America and its London-based chat show host, Graham Norton. Usually he offers a bitingly funny monologue, five super-star guests -- such as Tom Cruise, Renee Zellweger, Brad Pitt, Tom Hanks and Harrison Ford -- liquored up and sitting together on his couch, more relaxed than any celebrities on any American talk show. He has a singing star who performs then joins the stars on the couch. Then, a real person, sitting in a red chair tells what they think is a funny story. Sometimes the host, or one of the guests, pulls a lever that flips the storyteller out of the chair, or if the story is good they allow them to walk.

While Stephen and the two Jimmys are doing their shows from home, they still have a monologue, interview stars (in their homes) and sometimes have a musical guest. Somehow the

absence of a live audience diminishes the impact of their monologues and interviews. Norton has dispensed with the monologue and goes straight to funny and insightful chats with his big-name guests, at home. He has eliminated the musical guest's song and ends with several red chair stories. Now, that's entertainment!

Nick Jonas, fresh off the \$800 million grosses for "Jumanji: The Next Level," has the upcoming sci-fi film "Chaos Walking," with Daisy Ridley, Tom Holland and Mads Mikkelsen (due next January), followed by the graphic novel-based thriller "The Blacksmith," with Laurence Fishburne.

Broadway may be closed, but if "Some Like It Hot," with Tony Curtis, Jack Lemmon and Marilyn Monroe, is one of your favorite films, you'll love the new planned musical (in 2021), with book and lyrics by Marc Shaiman and Scott Williams (who wrote the NBC series "Smash" and "Hairspray"). They'll attempt to improve on "Sugar," the 1972 Broadway musical (505 performances), with Robert Morse (in Tony Curtis' role), Tony Roberts (in Jack Lemmon's role) and Elaine Joyce (as Sugar), with music and lyrics by Julie Styne and Bob Merrill, who collaborated on "Funny Girl." Casting is key, they'll need more than "Hairspray" to pull this off!

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## GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

|    |   |    |   |    |    |
|----|---|----|---|----|----|
|    | - |    | x |    | 32 |
| x  |   | +  |   | -  |    |
|    | - |    | x |    | 30 |
| -  |   | x  |   | x  |    |
|    | x |    | ÷ |    | 18 |
| 34 |   | 27 |   | 12 |    |

1 2 4 5 6 7 8 8 9

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## KOVELS' Antiques & Collecting

By Terry and Kim Kovel

**Lollipop Basket** --- Nantucket baskets have been popular purses and collectibles since the 1940s. The first baskets on Nantucket Island were made by the Wampanoag Indians, but they were not like the later Nantucket baskets.

The Nantucket Lightship Station was at Nantucket in 1854 and had a crew of six. A lightship is a substitute for a lighthouse in waters that can't hold a lighthouse because of the depth or the rough water. The crew worked 30 days at a time with little to do. So, some started making baskets. The first basket was made by Capt. Charles Ray. The wooden parts were made on land, carried to the ships and used to make the woven baskets.

The government made them stop basket making while on duty in 1900, but baskets were still made on the island. Purses were made by 1900, and in the 1940s, friendship baskets were made. New ones today sell for \$500 to thousands of dollars. One very rare type is the lollipop basket. The top rim has round pieces that look like little lollipops. They have had auction estimates at \$40,000 to \$60,000. They are very difficult to make.

**Q: I almost bought a strange piece of gold jewelry that had a picture of an eye and no other decoration in the frame. The antique 18th-century pin was gold with a border of pearls and blue enamel, and it was in an auction estimated at over \$2,000. Why just an eye?**

**A:** This type of pin is known as a "Lover's Eyes." They were exchanged by lovers and for other types of remembrance, including those lovers who had died. According to legend, it started in 1784 when the Prince of Wales fell in love at first sight with

Maria Fitzherbert, a twice widowed commoner. The prince needed permission from his father to wed, so he proposed to Maria in a letter that mentioned he was sending an eye. It was a miniature of his eye painted by a famous miniaturist. She accepted the proposal. They were secretly married, and Maria later sent the prince an eye miniature for his birthday. It became a trend and similar eye jewelry was made into the 19th century.

The pin was worn in a secret, unseen place, like under a coat lapel. The pins were always miniatures in watercolor on ivory, vellum or gouaches. They were covered with glass. A few were made as pendants or rings. One expert says less than 1,000 still exist. Watch out for fakes made years ago.

### CURRENT PRICES

Bride's basket, satin glass, blue, silver plate, Aurora, 10 inches, \$80.

Map, England, title cartouche, shield, acanthus, multicolor, Robert Morden, 1695, 14 1/2 x 16 3/4 inches, \$140.

Cash register, National, model 313; brass, drawer, scrolls, banners, c. 1920, 17 inches, \$360.

Cane, silver, monkeys, climbing, tree branch, wood, 35 x 4 inches, \$625.

**TIP:** Don't set a hot glass dish on a wet granite countertop. The sudden temperature change might crack the glass.

For more collecting news, tips and resources, visit [www.Kovels.com](http://www.Kovels.com)

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## Strange BUT TRUE

\* Following the BP oil spill in the Gulf of Mexico, thousands of hairstylists and alpaca farmers donated over 19 warehouses worth of cut hair to help absorb the spilled oil.

\* Los Angeles' full name is "El Pueblo Nuestra Senora la Reina de los Angeles de Porciuncula," or "Town of Our Lady the Queen of Angels of the River Porciuncula." Now you know why people usually just call it "L.A."

\* Sex expert Dr. Ruth was trained as a sniper by the Israeli military.

\* Looking for the perfect gift for the object of your affection? How about a toilet seat? Don't laugh -- that's what Ben Affleck gave Jennifer Lopez when the two were a hot item. Of course, this particular "throne" cost \$105,000 and was covered in diamonds, rubies and sapphires!

\* Astronaut Neil Arm-

strong threatened legal action against his barber for selling his hair to a collector for \$3,000.

\* The Benguet of northwestern Philippines blindfold their dead and place them next to the main entrance of the house.

\* Mr. and Mrs. Curry, of New York City, got married inside a 120,000-gallon shark tank. The bride wore a white wetsuit and the groom wore black, saying their "I do's" while circled by different types of sharks and eels. Both were experienced divers but had to broadcast their vows to the wedding officiant, family and friends, since (un-surprisingly) none of them possessed equal nerve to enter the tank.

**Thought for the Day:** "So long as we are loved by others I should say that we are almost indispensable; and no man is useless while he has a friend." -- Robert Louis Stevenson

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## Now here's a tip!

by Jo Ann Derson

\* "It's easy to get the stains out of coffee mugs without using a harsh cleaner. Try a little bit of baking soda on a sponge for scrubbing, then rinse with a little bit of vinegar to foam out the smell. I have been able to bring back mugs that looked terrible!" -- Y.S. in California

\* Use a lint roller to remove dust from a lampshade with fabric that is flat but textured. If your lampshade has pleats, your best bet is a clean soft paintbrush.

\* "I have perfectly timed the fabric softener cycle on my washing machine. I set a timer for 23 minutes, and it's just the right time to add liquid softener. Just saying that this has greatly enhanced the quality of my life, because my clothes feel softer and smell nice." -- L.B. in Georgia

\* Here's another laundry tip: "Can you believe I miss washing my daughter's white softball pants because spring season was

canceled? If you have a kid playing sports in white pants -- why? -- get a bar of Fels Naptha soap. You just rub it into the stained spots, and launder. It takes out grass and clay. It should be issued with the uniform for turf sports." -- M.

\* A work from home, or work anywhere tip: If you are having trouble focusing, it might be because you are avoiding a difficult task. If there's a dreaded task on your to-do list, tackle it first. Even if you can't get it completed, you'll make progress and it will make everything else seem easy by comparison.

\* Lemons and limes last longer in the cooler. Say that three times fast, and stick your citrus in the fridge!

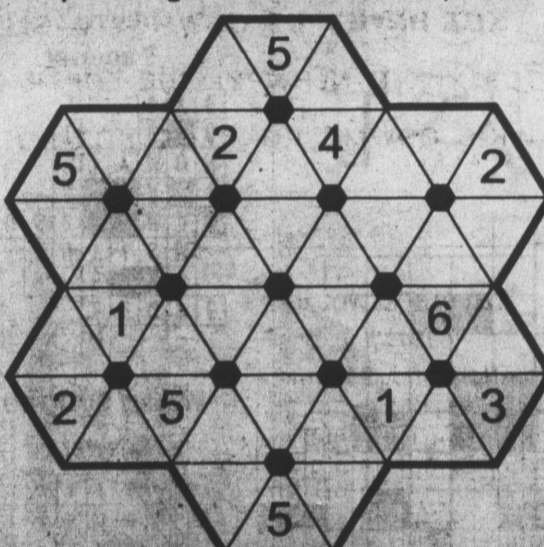
Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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## SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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## STICKELERS

by Terry Stickels

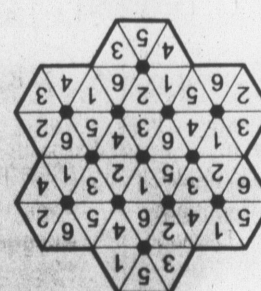
There are five Leeps in a Grat, seven Grats in a Bliz and three Blizzes in a Zank.

What is the number of Leeps in a Zank divided by the number of Grats in a Zank?

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## SNOWFLAKES

solution



### Go Figure!

answers

|    |    |   |    |   |    |
|----|----|---|----|---|----|
|    | 12 |   | 27 |   | 34 |
| 18 |    | 4 | ÷  | 9 | 8  |
|    | x  |   |    | x | -  |
|    |    |   |    |   |    |
| 30 |    | x |    | 1 | 7  |
|    |    |   |    | + | x  |
|    |    |   |    |   |    |
| 32 |    | x |    | 2 | 6  |

### Stickelers Answer

The answer is 5.  
105 Leeps in a Zank  
21 Grats in a Zank  
= 5.



## Super Crossword

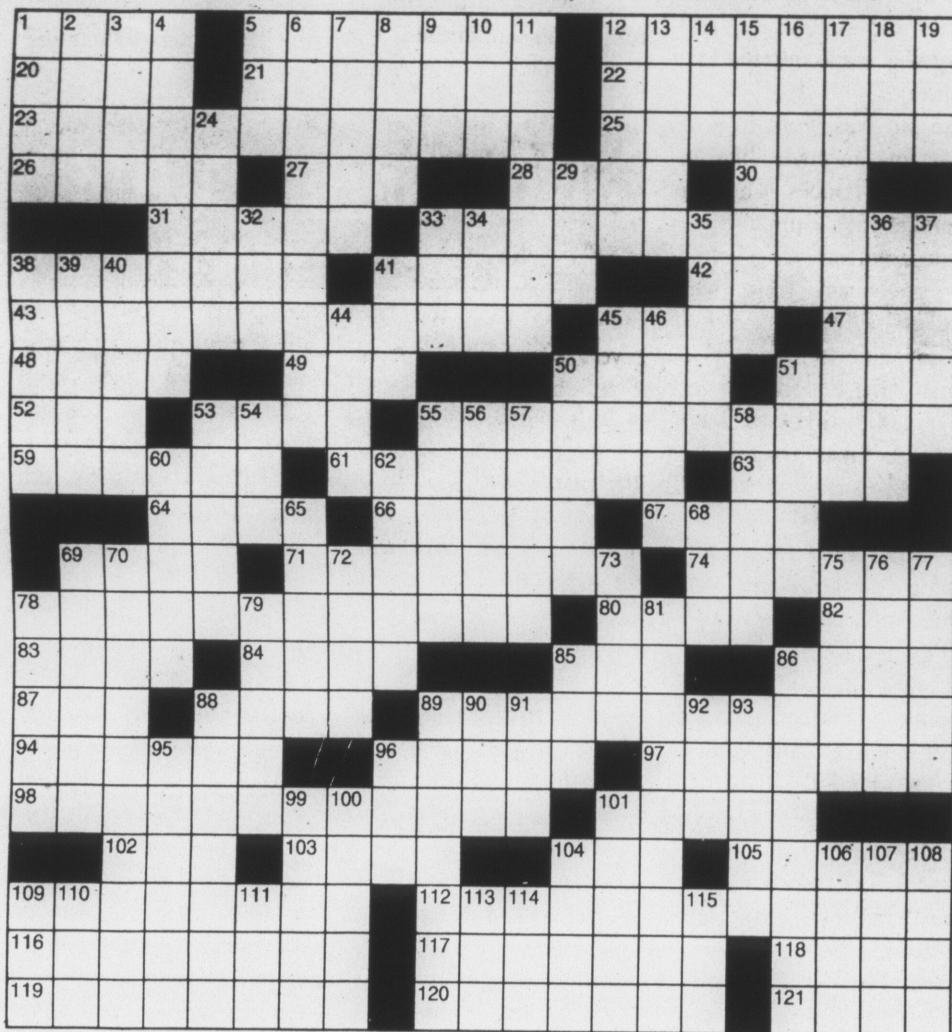
VOWEL  
LANGUAGE

## ACROSS

- 1 Painter of limp watches  
5 By the day, as payment  
12 "It doesn't matter"  
20 Moran of "Happy Days"  
21 The tiniest bit  
22 Hot pepper  
23 Group of wolves  
25 Brought upon oneself  
26 USNA frosh  
27 "— Miz"  
28 Bring in  
30 Moniker, in Marseilles  
31 Mervyn of film  
33 Misplaced the most recent catalog?  
38 Sun circles  
41 Braga of film  
42 Nervous —  
43 Notice folks quarreling about a skewer?  
45 Kind of latte  
47 Sportswriter  
48 Name of 12 popes
- 49 Folksy denial  
50 Parisian "to be"  
51 Actor Robert De —  
52 Six-legged scurrier  
53 Gift add-ons  
55 Farm structure is built in  
59 Liam of "Neil"  
61 Raises up  
63 Yemen's largest city  
64 — time (never)  
66 Give a big speech  
67 Baseball Hall of Famer  
69 Preside  
71 Students  
74 To no avail  
78 Put a clump of tree-trunk greenery in disarray?  
80 Bath powder  
82 Philosopher  
83 Optic layer  
84 Throw easily  
85 Paddle's kin  
86 Stuff in ale  
87 Rev.'s talk  
88 City on I-80
- 89 Group working on a jackdaw's gullet?  
94 Slate clearer  
96 Miller rival  
97 Optometrist  
98 Knock out a pier-dwelling mallard?  
101 "— good you let him know": Hamlet  
102 "My country, —"  
103 Lock fastener  
104 Plant seeds  
105 Shuts noisily  
109 Preserve  
112 Exited the elevator to the high-ceilinged SoHo flat?  
116 How keyless music is written  
117 Quito locale  
118 Like — of sunshine  
119 Little jaunt on a little horse  
120 Cyclone  
121 Where Coca-Cola is "KO"

## DOWN

- 1 Johnny of "Ed Wood"  
2 Central Asia's — Sea  
3 Pooch pests  
4 Rorschach test features  
5 Luau chow  
6 Hemming in  
7 Type in anew  
8 See 95-Down  
9 Better's note  
10 Series-ending abbr.  
11 Succeeds  
12 Spin around  
13 — Barbera  
14 "The Middle" network  
15 Poked fun at  
16 Register  
17 Indiana county  
18 Afore  
19 Gun, in slang  
24 Parts of hammers  
29 — good clip  
32 Ice-T's style  
33 Hack  
34 — roll (lucky)  
35 Deriding look  
36 — Nevada  
37 Partner of a mortise  
38 Hearing ailer  
39 Share a view  
40 Artery  
41 Minneapolis-to-Dallas dir.  
44 Hit with a zapping gun  
45 The Beatles' "Let —"  
46 Collision  
50 Register for  
51 Hoops cable channel  
53 Pole carving  
54 Advice giver  
55 Yankee Yogi  
56 Bob — restaurants  
57 Per-unit costs  
58 "Bye Bye Bye" boy band  
60 Rumba's kin  
62 Garden soils  
65 Johnny who cried "Come on down!"  
68 OPEC fuel  
69 Idolize  
70 Keystroke or mouse click  
72 Canadian gas brand  
73 Detached, in mus.  
75 Old game console  
76 Lanai and Skye, say  
77 Product label wds.  
78 Ruminated  
79 County in New Mexico  
81 Tree once associated with bow wielders  
85 Pained cries  
86 "Dirty Sexy Money" actress Zoe  
88 Symbol atop the Kremlin  
89 Pair of poetic lines  
90 Mythical bird  
91 Mork's planet  
92 Pitching whiz  
93 Sausage, in Stuttgart  
95 With 8-Down, swims without a suit  
96 They made LPs passé  
99 Kid  
100 West with 21 Grammys  
101 — lie (fibbed)  
104 Funny Laurel  
106 Gossamer  
107 Dregs, for playwrights  
108 Eye malady  
109 GPS drawing  
110 From — B  
111 Ring legend  
113 Prefix with law or tourist  
114 Cat coat  
115 Swat to and —



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celebrity  
extra

by Dana Jackson

**Q:** I was looking through my old CDs and found one by Jewel. I used to play it over and over. I realized that I haven't heard anything new from her in a long time. Is she still recording albums? -- S.T.

**A:** Jewel is a Grammy-nominated singer-songwriter (and fantastic yodeler) from Alaska whose 1995 debut album, "Pieces of You," has gone multi-platinum. She's still recording, with her most recent album, "Picking Up the Pieces," released in 2015.

During the pandemic Jewel performed in an online concert called "Live From San Quarantine." She was recently profiled on "CBS Sunday Morning," where she said something quite profound: "One thing I've really learned in my life is the darkest of times are the most fertile opportunities." She's done a lot to raise money for troubled youth through InspiringChildren.net and her "Never Broken" organization, JewelNeverBroken.com.

To answer your question, certainly during all this time in isolation her creativity has been sparked, so I wouldn't be surprised if she

released a new album in the near future.

\*\*\*

**Q:** I've been enjoying seeing the special episodes of "Who Wants to Be a Millionaire" in prime time with host Jimmy Kimmel. Will it be returning to syndication weekdays? -- G.Y.

**A:** Right before California issued its stay-at-home orders, Jimmy Kimmel hosted a special series of "Who Wants to Be a Millionaire." Nine episodes were filmed celebrating the 20th anniversary of the popular game show that originally started out as a prime time phenomenon with host Regis Philbin. It later became a hit weekday game show up until 2019, when it was canceled.

The anniversary episodes that aired recently on ABC were actually filmed without an audience. Each celebrity contestant was allowed one friend or family member to sit behind them on camera, assisting them with answers. Their winnings benefitted a charity of their choice. I think Kimmel (who hosts the late-night "Jimmy Kimmel Live!" on ABC) did a great job as the "Millionaire" host, so if we're lucky he'll preside over some special editions in the future. Unfortunately, there are no plans at this time to syndicate the game show weekdays.

\*\*\*

**Q:** I loved the TV show



Jewel

Photo credit: Kurt Markls/CCASpeakers

"The Americans" about Russian spies. Are the series' stars going to be in anything new soon? -- B.B.

**A:** Real-life couple Keri Russell and Matthew Rhys starred in the FX drama "The Americans" as KGB officers living in Virginia during the Cold War. The show ended after six seasons, but both have gone on to acquire new projects separately.

Rhys is starring in the new "Perry Mason" series (yes, THAT Perry Mason) on HBO, which takes place during the defense attorney's career in 1930s Los Angeles. Last year, Rhys starred alongside Tom Hanks in the wonderful "A Beautiful Day in the Neighborhood" film about Mr. Rogers.

As for Russell, she recently appeared in the blockbuster motion picture "Star Wars: The Rise of Skywalker" as Zorii, and in the horror film "Antlers," alongside Jesse Plemons ("Fargo").

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## Even Exchange by Donna Pettman

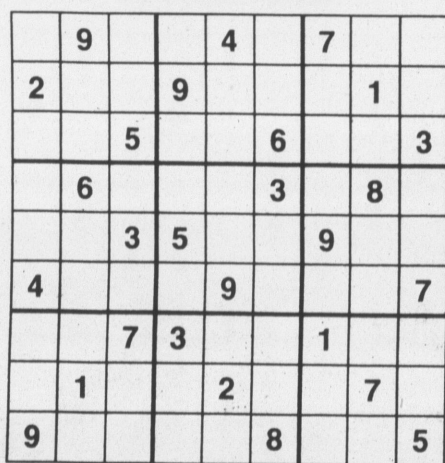
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- |                      |             |                    |             |
|----------------------|-------------|--------------------|-------------|
| 1. Decorate          | — D — — —   | Oak fruit          | — C — — —   |
| 2. Eavesdrop         | — — — — E — | Boxer Sonny        | — — — — O — |
| 3. Bread chef        | — A — — —   | Harley driver      | — I — — —   |
| 4. Rome's river      | — — — — R — | Roof of the World  | — — — — T — |
| 5. Modest            | — — — — M — | Space telescope    | — — — — B — |
| 6. Pisa's attraction | — — — — R — | Absorbent cloth    | — — — — L — |
| 7. Egypt's capital   | — — — — O — | Terrier variety    | — — — — N — |
| 8. Away from shore   | — N — — —   | Maui or Capri      | — S — — —   |
| 9. Merlin, e.g.      | W — — — —   | Gecko or chameleon | L — — — —   |
| 10. Very wide        | — — — — O — | Sourdough, e.g.    | — — — — E — |

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## Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

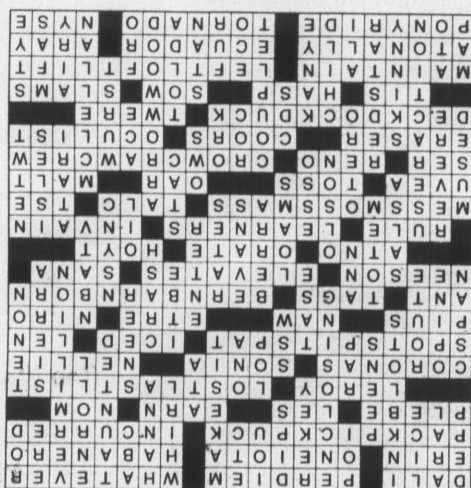
DIFFICULTY THIS WEEK: ♦♦♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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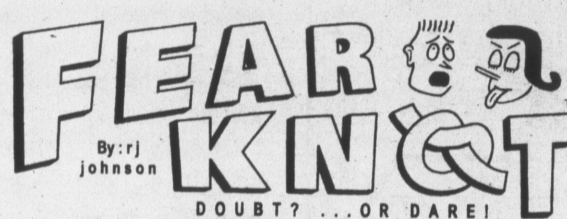
## Super Crossword

Answers

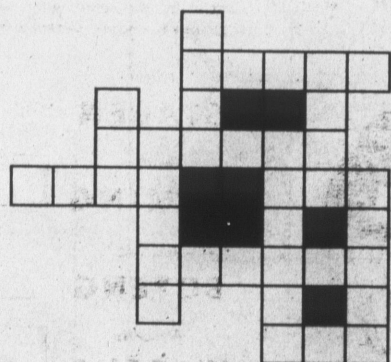


## Even Exchange answers

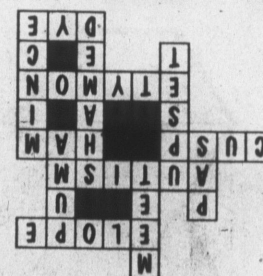
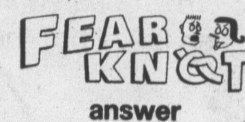
- |                   |                   |
|-------------------|-------------------|
| 1. Adom, Acom     | 5. Humble, Hubble |
| 2. Listen, liston | 4. Tibet, Tibet   |
| 3. Baker, Biker   | 9. Wizard, Lizard |
| 7. Cairo, Calm    |                   |
| 6. Tower, Towel   |                   |
| 10. Broad, Bread  |                   |



- YED  
MOTENY  
♥UTSPE  
MAUP  
♥HENDAS  
♥PSA  
♥ETME  
NICEM  
AMH  
SUMITA  
LEEPO  
♥PCSU



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



Weekly SUDOKU  
Answer

J  
U  
N1  
82  
0  
2  
0



## Amber Waves



## Out on a Limb



## R.F.D.



"My friends are forming a posse to bring me in."

## SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

|         |        |  |  |
|---------|--------|--|--|
| Away    | STABEN |  |  |
| Border  | ARMING |  |  |
| Archaic | BOYENG |  |  |
| Abstain | WEECHS |  |  |

TODAY'S WORD

## Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 5 | 3 | 1 | 2 |
| 5 | 4 | 1 | 3 | 4 |
| 3 | 4 | 3 | 1 | 5 |
| 4 | 4 | 2 | 3 | 3 |
| 2 | 1 | 5 | 4 | 4 |

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| 4 | 3 | 1 | 6 | 5 | 3 |
| 4 | 5 | 6 | 3 | 1 | 6 |
| 2 | 3 | 3 | 4 | 1 | 5 |
| 6 | 2 | 6 | 5 | 1 | 1 |
| 1 | 6 | 5 | 3 | 3 | 3 |
| 5 | 3 | 6 | 1 | 2 | 4 |

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**DEAR PAW'S CORNER:**  
What is the difference between pet adoption and fostering? -- Jess in Knoxville

**DEAR JESS:** An adopted pet is going to his or her forever home, a successful story every animal shelter wants to see replay again and again. But many pets aren't quite ready to be adopted. They may be too young. They may be recovering from abuse and injuries. They may need to be observed to figure out what home environment is best for them. Sometimes, a shelter runs out of space. And some rescue organizations don't have shelter facilities at all. In all these circumstances, this is where foster families come into play. A foster is a temporary arrangement, either for a pre-determined amount of time

or until a pet is adopted. Rather than being stuck in a chilly kennel with little interaction, a foster pet stays in a warm, loving home -- an arrangement that vastly reduces their stress and helps them heal. Some pets are never ready for adoption and remain a foster for the rest of their life. Others are adopted by the foster family if approved by the rescue organization. Caring for a foster pet takes dedication, and it helps to have experience caring for pets. If you're interested in being a foster parent to a pet, check with the local shelter or rescue group. They will have an application for you to fill out, and then will evaluate you and your living space to determine if you are a good fit for the foster program and which pets would do best in your care.

Send your tips, questions or comments to ask@pawscorner.com.

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**TOP TEN VIDEO, DVD for release week of June 8, 2020**

### Top 10 Video On Demand

1. The Invisible Man (R) Elisabeth Moss
2. Fantasy Island (PG-13) Michael Pena
3. Bad Boys for Life (R) Will Smith
4. Sonic the Hedgehog (PG) James Marsden
5. Survive the Night (R) Bruce Willis
6. Emma (PG) Anya Taylor-Joy
7. Bloodshot (PG-13) Vin Diesel
8. Jumanji: The Next Level (PG-13) Dwayne Johnson
9. Capone (R) Tom Hardy
10. The Call of the Wild (PG) Harrison Ford

1. Sonic the Hedgehog (PG) Paramount
2. The Invisible Man (R) Universal
3. Onward (PG) Disney
4. Birds of Prey: And the Fantabulous Emancipation of One Harley Quinn (R) Warner Bros.
5. The Call of the Wild (PG) Fox
6. Justice League Dark: Apokolips War (R) Warner Bros.
7. Bloodshot (PG-13) Sony Pictures
8. Star Wars: Episode IX: The Rise of Skywalker (PG-13) Disney/Lucasfilm
9. Bad Boys for Life (R) Sony Pictures
10. The Wizard of Oz (PG) Warner Bros.

Sources: comScore/Media Play News

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**Top 10 DVD, Blu-ray Sales**

**Hitori answer**

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| 2 | 4 | 1 | 2 | 4 | 3 |
| 3 | 3 | 3 | 3 | 3 | 3 |
| 1 | 6 | 5 | 9 | 1 | 5 |
| 6 | 2 | 6 | 5 | 1 | 1 |
| 4 | 5 | 3 | 4 | 1 | 5 |
| 4 | 5 | 6 | 3 | 1 | 6 |
| 4 | 3 | 1 | 6 | 5 | 3 |

**SCRAMBLERS**  
Today's Word  
3. Bygone; 2. Margot; 1. Absent; 4. Eschew  
solution



# OBITUARIES

## Maria Eleuteri, 86

A funeral Mass for Maria (Giacomozzi) Eleuteri, age 86, of Quincy, will be celebrated Friday at 10 a.m. in St. John the Baptist Church, Quincy.

Mrs. Eleuteri died peacefully at home on June 2, after a brief illness.

Beloved wife for thirty-five years of the late Ennio Eleuteri, she was the loving mother of Julia Eleuteri Segale and her husband John of Quincy, David Eleuteri and his wife Laurie of Braintree, and Ennio Eleuteri and his wife Sara of Weymouth. Cherished Nonna to Nicholas, Matthew, Emily, Jennifer, Sofia, Francesca and Luca.

Born in Amandola, Italy to David Giacomozzi and Rosa Iacchelli, she was the last of five siblings and was predeceased by Gina, Fedora, Elena and Quinto. Mrs. Eleuteri's early years were spent in Italy, in a large household that included her aunt and uncle and several cousins. At seventeen she traveled by boat to the United States, to rejoin her mother and stepfather Angelo in Quincy. She later returned to Italy and married Ennio and together they settled in Quincy to raise their family.

A piece of her heart remained in Italy, with her siblings, sisters- and brothers-in-law and especially her treasured nieces and nephews - Patricia, Silvana, Anthony, Giuliana, Patrizio, Ferruccio, Franco, Luciano and Gabriella as well as Maria, Fiorella, Marisa, Massimiliano, Uliana and Rosana. Return trips to Italy to see her extended family were among her most joyous memories.

A devoted homemaker, Mrs. Eleuteri loved taking care of her family and friends



MARIA ELEUTERI

and her kindness and devotion to all who had the pleasure to know her will be deeply missed. She also worked several years at Howard Johnson facilities in Quincy where she made many friends. Her cooking and baking skills were legendary, from polenta dinners, homemade spaghetti and meatballs, lasagna to pizzelle and her trademark "anisette cookies". She loved to crochet and knit and gifted numerous afghans and baby blankets to family and friends. These "nonna" blankets were always well worn and treasured, especially by her grandchildren. She also enjoyed her trips to several local casinos, watching Jeopardy, her weekly scratch ticket excursions, puzzles ("not too many pieces") and spending time with her children and grandchildren. What she would say when someone died, is especially reflective of her life as well - she "had a good life and did her part."

Visiting hours are 4 to 8 p.m. Thursday in the Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

Interment at Blue Hill Cemetery, Braintree.

Memorial donations may be made to the American Cancer Society, 3 Speen St., Suite 250, Framingham, MA 01701.

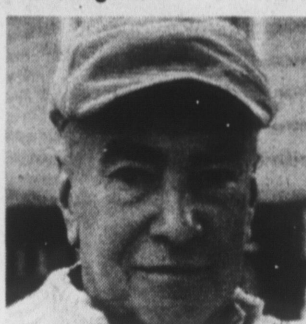
## Elliott R. Whyte

Elliott R. Whyte, of Quincy, formerly of Roxbury, died June 7.

Elliott loved his family, his faith, and his country. He was a proud United States Air Force veteran and was stationed out of Burtonwood, England during the Korean War. He and his wife would attend the reunions every year with those he served with. Mr. Whyte was a member of the Sheet Metal Workers Local #17 for 49 years. He worked at the MBTA for many years and his coworkers nicknamed him "The Governor." He retired from the MBTA. He was also a member of the America Legion.

He and his wife, Betty, attended St. Joseph's Parish in Quincy Point and they sent all six of their children to St. Joseph's Parish School. Mr. Whyte was a member of St. Vincent de Paul Society.

He was proud of his children, his 11 grandchildren and all their accomplishments. He was very supportive in helping with home improvements and always attended sporting events. He always had nice cars and was meticulous about keeping them clean. He loved vacationing down the Cape in Dennis Port with his family for many years. He enjoyed listening to Irish music, especially The Wolfe Tones, he attended their concerts at the IBEW in Boston, also Danny Gill & The Old Brigade. Mr. Whyte loved yard sales and flea markets and always made the rounds whenever he could in search



ELLIOTT R. WHYTE

of a bargain. He often bought items for family or friends assuming they wanted it. In his lifetime he made a difference to countless others by his donations to the Red Cross. He donated 66 times starting in 1994; a total of 8 gallons. Mr. Whyte was a thoughtful, funny and generous man who will be greatly missed by all who knew him.

His family would like to give a special thank you to the staff at the Dwyer Home in Weymouth for their tremendous care and comfort they gave him this past year. Especially, Theresa S., Heather M., Diane C., Christina B., Danuta, Marie D., Lisa T., Dianne C., Jamie C., Immacula and Patty.

Beloved husband of the late Elizabeth "Betty" (Wajcium) Whyte. Loving father of Daniel Whyte and his wife Jean of Braintree, Lisa Daly and her husband Edward of Hanover, Linda DeNeill and her husband James of Norwell, Peter Whyte and his wife Lori of Norwell, Laura Whyte of Quincy, and the late Stephen Whyte. Cherished brother of Shirley Preziosi of Winthrop, Thomas Whyte of Plymouth, and the late Audrey Johnston, Harry Whyte, and James "Buddy" Whyte. Loving "Papa" of Erica Whyte, Michelle Fontanella and her husband Dylan, Jennifer Whyte, Patrick and Jack Daly, James, Stephen and Sarah DeNeill and Sam, Chloe, and Ben Whyte and "Grand Papa" of Charles Elliott Fontanella. Also survived by many nieces and nephews.

Visiting hours were held June 11 in Keohane Funeral Home, 785 Hancock St., Quincy.

The funeral Mass was private.

Interment at Blue Hill Cemetery, Braintree.

Memorial donations may be made to My Brother's Keeper, P.O. Box 338, Easton, MA 02356.

## In Loving Memory of Brian P. Morrissey

February 23, 1985

June 21, 2018

2nd Year Anniversary



We miss you more and more every day.

Love, Mom & Dad

## Christopher A. Morrissey, 49

Christopher Adam Morrissey, age 49, of Quincy, died suddenly at his home May 31.

Born in Quincy on May 12, 1971, he was the son of the late John Francis and Julia Elizabeth (Mowles) Morrissey. He attended local schools and graduated from North Quincy High School with the Class of 1988. Following high school, Mr. Morrissey enlisted in the United States Marines. He was proud to serve his country and to be a marine. After his honorable discharge, Mr. Morrissey went to work as a journeyman with the Bricklayers Association and was a member of Local 3. He loved his work and the relationships he built throughout the years.

Mr. Morrissey was the devoted father of Christian, Patrick and Daniel Morrissey, all of Marshfield. He was the dear brother of Elisabeth "Betty" Morrissey of VA, John "Steve" Morrissey and his wife Patricia of Quincy, Virginia Morrissey of Braintree, Terri Guinto and her husband John of Winchendon, Margaret "Peggy" Boyd and her late husband Leo of Braintree, Susan Morrissey of Quincy, Michael "Mike" Morrissey of Quincy, Timothy "Tim" Morrissey of Braintree, Judith "Judy" Ha and her husband Phuc of



CHRISTOPHER A. MORRISSEY

Weymouth, the late Kathryn Morrissey and the late Patricia Morrissey. He is also survived by his former wife Kerri (Small) Morrissey of Marshfield and many loving nieces, nephews, extended family members and friends.

His children will forever miss his heart full of good intentions, his thoughtfulness in teaching them the importance of good manners & respect, his heartfelt letters, their exceptional conversations with him, his humor, & his sweet smile accompanied by the sparkle in his eyes.

Following cremation, Mr. Morrissey will be interred at a later date in the Massachusetts National Cemetery, Bourne, with military honors.

Memorial donations may be made to the charity of your choice.

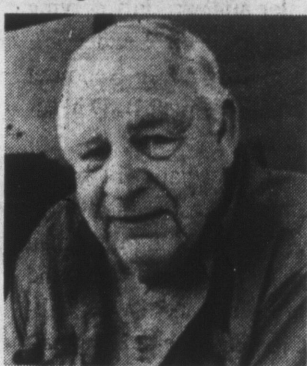
Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

## Kenneth M. Boyce, 75

Kenneth M. Boyce, 75, of Quincy, died June 9.

The beloved husband of 54 years to Patricia (Donahue) Boyce of Quincy. Father of Kenneth M. Boyce, Jr. and his wife Lisa of Quincy and Michael Boyce of Quincy. Brother of Margaret Jean Porter of Clearfield, PA, Carol L. Dixon and Mary Lou Tayler both of NY, Robert Boyce of MA, Rodney D. Boyce of PA and the late David, Randy and Donald Boyce. Cherished grandfather of Kenneth M. Boyce III, Kayla Empey and Alexis Empey. Great-grandfather of Jackson and Isla Clifford. He is also survived by many nieces and nephews.

Mr. Boyce was the past president and founder of Ideal-Commonwealth Elevator for over 50 years. He enjoyed working with his two sons and his brother Robert Boyce for the last 30 years. He spent the last 20 winters in Marco Island, Florida, fishing, boating and enjoying his semi-retirement snowbird lifestyle. He was a member of the Loyal Order of Moose in Marco Island. Mr. Boyce was a member of the Old Colony Yacht Club, where he spent most of his spare time enjoying the company of his family and friends.



KENNETH M. BOYCE

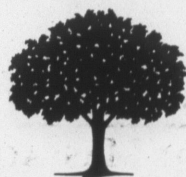
He was lifelong boater. Mr. Boyce loved taking boat trips to Cranes Beach, P-town, Martha's Vineyard with his family and his best friend Marty Martindale who is now reunited with. He considered the yacht club his extended family.

You always knew where you stood with him after just a few minutes of conversation. Beneath that rough exterior was a heart of gold to all that truly knew him. He will be deeply missed.

A celebration of life service will be held at a later date.

Memorial donations may be made to the American Breast Cancer Foundation, 28 W. 44th St., Suite 609, New York, NY 10036.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.



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## Lucia A. McGrath, 53

A funeral Mass for Lucia A. (O'Donovan) McGrath, age 53, of Quincy was celebrated Tuesday in St. Brendan's Church, Dorchester.

Mrs. McGrath died June 12 at South Shore Hospital.

She was born and raised in Mayfield, Cork, Ireland. She received her nursing degree from Brockton Hospital School of Nursing and worked as a nurse for many years at the Dorchester House.

Mrs. McGrath was a very spiritual person and enjoyed attending mass at churches throughout the Boston area. Her devilish wit and humor left a lasting impact on those fortunate enough to have met her. She was a staple of the local Irish community and was well regarded by her wide circle of friends. Mrs. McGrath was selfless and was always there to



LUCIA A. McGRATH

lend a helping hand to those in need

Beloved wife of Michael A. McGrath, originally from Ardmore County Waterford, Ireland. Mother of Michael T. McGrath and Darren P. McGrath, both of Quincy. Sister of Patricia Hodnett and her husband Michael of Ireland, Thomas O'Donovan of Ireland, Eleanor McKenzie of Weymouth, Noreen "Nonie" O'Donovan of Weymouth, Siobhan Hanifin and her

husband Pat of Ireland, Paul O'Donovan of Ireland, Clive O'Donovan and his wife Majella of Ireland and the late Geraldine O'Donovan. Sister-in-law to Dennis McGrath of Ireland, Patsy McGrath of Ireland, Terry McGrath of Ireland and Evelyn McGrath of Ireland. Aunt to Linda and John Hodnett, Lyndsey, Keith and Jamie O'Donovan, Laura McGrath, Hannah McKenzie and Darragh and Aoiheann O'Donovan. Also survived by a large extended family and friends.

Private interment.

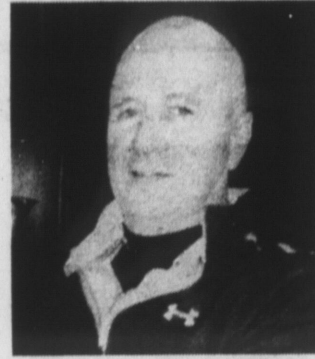
Memorial donations may be made to the Irish Pastoral Center, 512 Gallivan Blvd. #1, Boston, MA 02124.

Funeral arrangements were made by the Alfred D. Thomas Funeral Home, Milton.

## Patrick P. McGonagle, 57

Patrick Paul McGonagle, 57, of Quincy, formerly of Malin Town Donegal, Ireland, died from a courageous battle with cancer on June 12 at his home, surrounded by his family.

Beloved father of Ryan, Diarmuid, Erin McGonagle, and wife June (Ryan) McGonagle for 25 years, all in Quincy. Son of the late Patrick and Margaret (Gallagher) McGonagle. Brother of Danny McGonagle, Andy McGonagle and wife Noreen, Mary McCandless and husband Marshall all of Donegal, Ireland. Son-in-law of Carmel Ryan of Tipperary, Ireland. Brother-in-law of Linda McGonagle of Donegal, Ireland, Denise Ryan of London, England, and Paddy and Willie Ryan both of Tipperary, Ireland. He is also survived by many nieces and nephews.



PATRICK P. MCGONAGLE

Mr. McGonagle had a great work ethic and could turn his hand to anything: farming pigs all over Ireland, milking cows in Saudi Arabia, and building doll houses for his daughter. He came to Boston in 1989, where he worked many jobs including bartending and landscaping before starting his own successful home remodeling business creating a comfortable life for his family.

He loved fishing and

boating. Mr. McGonagle had been a member of both the Wollaston and Old Colony Yacht Clubs. He loved Formula One cars, American and Gaelic sports, and playing futsal. His true passion was golf where he was club champion in 2014 and 2015 at Presidents Golf Club.

Mr. McGonagle will be remembered for his quick wit, laid back personality, sense of humor, willingness to help others, and love for his family and friends.

His funeral services will be private.

Memorial donations may be made to Dana-Farber Cancer Institute, P.O. Box 849168, Boston, MA 02284-9168.

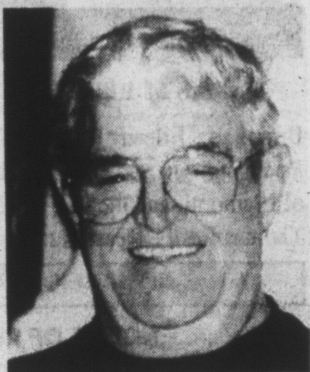
Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

## Paul F. Canavan, 82

Paul F. Canavan, 82, of Quincy, formerly of South Boston, died peacefully June 12 surrounded by his family, including his wife of 54 years, Elizabeth "Betsy" A. Canavan.

He was born and raised in South Boston, one of six children, and was a proud 1957 graduate of South Boston High School. Following high school, Mr. Canavan joined the United States Navy where he was honored to serve on the USS Boston for several years. He was a member of Sheet Metal Workers Local 17 and retired as a Boston firefighter after proudly serving 32 years with Ladder 27/Aerial Tower 2 in Neponset and W-12 Unit at BFD headquarters.

Mr. Canavan will be remembered as a hardworking, devoted family man with a quick wit and kind heart who was always willing to help others. His greatest joys were watching his children and grandchildren at their various sports and activities, traveling with family and members of



PAUL F. CANAVAN

the Castle Island Association and sharing stories and laughs with his friends and family, Merrymount neighbors and fellow members of the BFD Liar's Club.

He is survived by his devoted wife Elizabeth "Betsy" (Evans) Canavan of Quincy, formerly of South Boston, three sons, Paul and his wife Joanie of Milton, Brian and his wife Joanie of Milton, and Barry and his wife Lisa of Rockland. Proud Papa to Liam, Caitlin, Caroline, Jordan and Jacklyn Canavan all of Milton. He was the son of the late Joseph Michael and Mary (Bergh) and the loving brother of the late Edward Canavan and his wife Mary, the late Mary Mogan and her

late husband John, the late Irene Shea and her husband Thomas, Joseph Canavan and his late wife Kathleen, the late Rita Jansky and her late husband Andrew, as well as an uncle to many nieces and nephews.

The family wishes to extend heartfelt gratitude to his Merrymount neighbors, Mass General Hospital doctors and nurses, and the compassionate team at Season's Hospice Milton who provided support, care and guidance during his final days. He will be missed by all who were fortunate enough to have known him.

Relatives and friends are respectfully invited to attend the visiting hours on Friday from 4 to 8 p.m. at Keohane Funeral Home, 785 Hancock St., Quincy.

Funeral Mass will be private and burial to follow at Cedar Grove Cemetery, Dorchester.

Memorial donations may be made to Boston Firefighters Relief Fund, 115 Southampton St., Boston, MA 02118 or online at bfrfrelief.org.

## Michael S. Calabro, Jr., 76

A memorial funeral Mass for Michael S. Calabro, Jr., age 76, of Abington, formerly of Quincy, was celebrated Tuesday in St. John the Baptist Church, Quincy.

Mr. Calabro died peacefully June 3 at the Colony Center for Health and Rehabilitation, surrounded by his loving family.

He was born, raised and educated in Quincy. Although he lived in Abington for most of his life, he considered Water Street in Quincy to be home.

Mr. Calabro, the definition of a hard worker from a very young age, was the owner and operator of M&C Plumbing Company. He had been retired for several years. Although plumbing was his trade, Mr. Calabro was known for his keen ability to take on, and achieve, any task which involved craftsmanship and ingenuity. Regardless of any trade, title, or labor, he was always willing to assist those in



MICHAEL S. CALABRO, JR.

need - family, friends, and strangers alike.

May Mr. Calabro forever be remembered for his larger-than-life personality and his ability to provide for, and to protect, those whom he loved.

Husband of Dolores A. (Cambria) Calabro. Devoted father of Michael P. Calabro, Esq. and his wife Noelle of Louisiana, Danielle D. Light and her husband Ernest, and Christopher J. DiFazio, all of Abington.

Loving grandfather of Addison M. Calabro, Michael P. Calabro, Jr., Samantha Lewandowski, Nicholas Light, and Isabella Light. Cherished great-grandfather of Cambria Wentworth and Jax Vincent Lewandowski. Dear brother of the late Joseph M. Calabro and his wife Barbara of North Weymouth, the late Frank J. Calabro, Q.P.D., Ret. and his wife Carol of Quincy. Beloved son of the late Michael S. and Candida (Iovanna) Calabro. He is also survived by many aunts, uncles, nieces, nephews, and cousins.

Interment at Pine Hill Cemetery, Quincy.

Memorial donations may be made to the Juvenile Diabetes Research Foundation (JDRF), 60 Walnut St., Wellesley Hills, MA 02481.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

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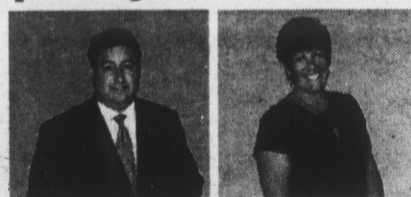
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## OBITUARIES

## Mary M. Griffin

Mary M. (Duffy) Griffin of Quincy, formerly of Dorchester, died June 13, 2020.

Beloved wife of the late Horace Charles Griffin for 40 years. Loving mother of William A. Griffin and his wife Christine Baker Griffin of New Braintree, Maureen P. Griffin and her husband James M. Lawrence of Franklin, Clare Griffin Ellis of Walpole, Judy M. Griffin of Quincy, and John J. and his wife Claire Griffin of Westwood. Sister of Rev. Joseph P. Duffy S.J. of Weston, Thomas F. and his wife Joanne Duffy of Stoneham, and the late A. Teresa and her husband George Negus, and Capt. William L. and his wife Gladys Duffy. Devoted "Grandma" of Jennifer Ellis and her husband Chad Rishel, James Ellis, Dr. Caitlin Lawrence



MARY M. GRIFFIN

and her husband Philip Alessi, Ryan Lawrence, Prof. Maryclare Griffin and her husband Prof. Ted Westling, Norah Griffin, Seth Baker and his wife Dr. Kim Ng, Dylan Baker, and Jillian and her husband Michael Bokoff. Cherished great-grandmother of Maeve, Mariella, Zoe, Lily, Sophie, and Sonia. Survived by many loving nieces and nephews.

Mary was a retired execu-

tive assistant for the Interstate Commerce Commission for 13 years. Prior to her marriage, Mary attended classes at Boston College's downtown campus. After her retirement, Mary pursued additional education at UMass Boston, achieving a certificate in Advanced Gerontology. She also attended courses at Boston College Institute for Learning in Retirement.

A private funeral Mass will be celebrated in St. Margaret Church of St. Teresa of Calcutta Parish, followed by a private interment with her late husband Horace, in Oak Grove Cemetery, Medford.

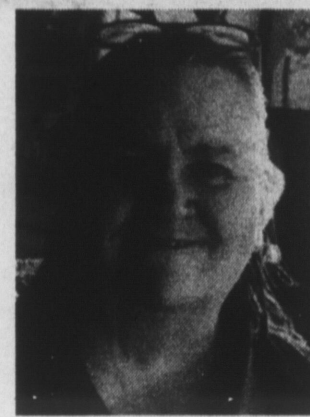
Memorial donations may be made to Campion Center Home for Retired Jesuits, 319 Concord Rd., Weston, MA 02193.

Funeral arrangements were made by the Murphy Funeral Home, Dorchester.

Robin A. (French-MacDonald) Krystyniak died June 7 at South Shore Hospital.

Born and raised in Quincy, she worked at Citizens Bank until she retired.

Mrs. Krystyniak is survived by her former husband Anthony Krystyniak. She was the loving mother of Paul Krystyniak and his wife Megan Krystyniak. Doting grandmother of Gavin Krystyniak, Matthew Krystyniak, Jacob Krystyniak and Dominique Cook all of Quincy.



ROBIN A. KRYSTYNIK

She is also survived by her siblings, Deborah (Tom) Powers of Quincy, Mary

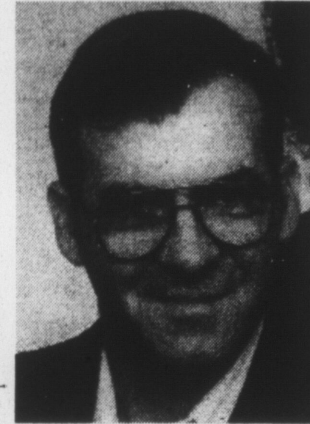
(Greg) French-Defoe, John (Judie) MacDonald, Bobby (Patty) French all of Arizona, Steven MacDonald of Hingham and Wayne (Karen) French of South Carolina.

She is also survived by many nieces and nephews and great nieces and nephews.

A celebration of life will be held at a later date.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

## James M. Reilly



JAMES M. REILLY

Braintree, Eileen Rayne of Rockland, Theresa O'Donnell of Plymouth and the late Rev. Thomas Reilly. Dear grandfa-

ther of Kayla, Jessica, Joseph, William, Sophia, James, Gabrielle, Thomas, Maggie and Noah. Beloved uncle of many nieces and nephews.

Late Army veteran of Vietnam.

Visitation and funeral services were privately held.

Funeral arrangements were made by Dolan Funeral Homes.

Memorial donations may be made to the VA Boston Healthcare System Attn: Voluntary Service, 150 S. Huntington Ave., Boston, MA 02130.

## NOTICES OF PUBLIC HEARINGS

## NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, June 30, 2020 @ 5:30 P.M. to consider the application of HABIT OPCO, LLC for a SPECIAL PERMIT/VARIANCE/FINDING to operate a medical and counseling clinic in violation of Title 17 as amended Chapter 9.4 (special permit), Chapter 5.1.7 (parking requirements) and Chapter 3.4.2 (nonconforming uses, change in use) on the premises numbered: **165 WASHINGTON STREET, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

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Dial by your location  
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Meeting ID: 965 087 6755  
Password: 376371  
Find your local number: <https://zoom.us/j/auQQ3CFKD>  
Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.  
6/11/20, 6/18/20

## NOTICES OF PUBLIC HEARINGS

## NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, June 30, 2020 @ 5:30 P.M. to consider the application of MAHMOUD EL-HASHASH for a VARIANCE/FINDING to demolish the two family and construct three, 3-story townhouse style family residences in violation of Title 17 as amended Chapter 3.4.3 (nonconforming structures), Chapter 4.1.1 (dimensional requirements) and Chapter 5.1.8 (parking) on the premises numbered: **9-11 MARSH STREET, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

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Password: 376371  
Find your local number: <https://zoom.us/j/auQQ3CFKD>  
Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.  
6/11/20, 6/18/20

## NOTICES OF PUBLIC HEARINGS

## NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, June 30, 2020 @ 5:30 P.M. to consider the application of QUINCY, LLC for a VARIANCE/AMENDMENT to remove conditions of common ownership in a previous decision and a Finding that operation of a restaurant, under new conditions will not be substantially more detrimental to the neighborhood in violation of Title 17 as amended Chapter 3.4.2 & 3.4.3 (nonconforming uses & structures) and Chapter 5.1.8 (parking) on the premises numbered: **1269 SEA STREET, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

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6/11/20, 6/18/20

## NOTICES OF PUBLIC HEARINGS

## NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, June 30, 2020 @ 5:30 P.M. to consider the application of OONAGH CONNOLLY for a VARIANCE to enclose existing deck and make it a four season sunroom in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) on the premises numbered: **23 BISHOP ROAD, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

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Meeting ID: 965 087 6755  
Password: 376371  
Find your local number: <https://zoom.us/j/auQQ3CFKD>  
Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.  
6/11/20, 6/18/20

## NOTICES OF PUBLIC HEARINGS

## NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, June 30, 2020 @ 5:30 P.M. to consider the application of TONY TRAN for a VARIANCE to build a single family home in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) on the premises numbered: **169 SUMNER STREET, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Join Zoom Meeting  
<https://zoom.us/j/9650876755?pwd=TVFvOUe5UnZDRGR5N1hBTnN1dE9rQT09>  
Meeting ID: 965 087 6755  
Password: Quincy  
Dial by your location  
+1 646 558 8656 US (New York)  
Meeting ID: 965 087 6755  
Password: 376371  
Find your local number: <https://zoom.us/j/auQQ3CFKD>  
Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.  
6/11/20, 6/18/20

## NOTICES OF PUBLIC HEARINGS

## NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, June 30, 2020 @ 5:30 P.M. to consider the application of NEIL JOHNSEN for a VARIANCE to install a shed in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) on the premises numbered: **72 S. BAYFIELD ROAD, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Join Zoom Meeting  
<https://zoom.us/j/9650876755?pwd=TVFvOUe5UnZDRGR5N1hBTnN1dE9rQT09>  
Meeting ID: 965 087 6755  
Password: Quincy  
Dial by your location  
+1 646 558 8656 US (New York)  
Meeting ID: 965 087 6755  
Password: 376371  
Find your local number: <https://zoom.us/j/auQQ3CFKD>  
Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.  
6/11/20, 6/18/20

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Cont'd From Page 1

its health insurance costs, about \$2.4 million, in the current fiscal year. Palmucci said he was concerned the college would be unable to pay that amount next year as well and on Monday made a motion to cut \$2.4 million from the health insurance budget.

Chris Walker, Koch's chief of staff, on Monday told councillors it remained uncertain whether or not Quincy College would be able to pay its share of health insurance costs for the current fiscal year. Though fiscal year 2020 ends June 30, any revenue received through September can still be counted towards that fiscal year's receipts, he said.

Walker said the administration wanted to give the college time to right the ship in the current fiscal year to put it in a better position going forward. The administration is optimistic Richard DeCristofaro, the college's new president, will be able to improve the school's financial outlook.

"The internal discussion was to get them to a place for the current fiscal year where they are in a better shape for the upcoming year and then take it on a year-by-year basis. The college, as it stands right now, in a year-by-year situation," Walker said.

"I don't want to paint too dark of a picture because we see a lot of positive signs relative to the school itself and community colleges in general. We think with the leadership of Dr. DeCristofaro and some of the changes that he is going to make...that we are going to be in very good shape in the future."

City auditor Susan O'Connor said Quincy College employees would continue to receive health insurance in the new fiscal year even if the cut were approved. She said Koch would have to ask the council for a midyear appropriation to make up for any potential deficit in the health insurance budget.

Palmucci later withdrew his motion to cut \$2.4 million from the health insurance budget. The councillor said he had suggested the cut to force a policy discussion relative to the college in the fall.

"We have not traditionally paid money out to the fund the college. This would be one of the first times since I have been on the council that that has happened, so it is a significant policy change and I would support that policy," Palmucci said.

"We want to be supportive of the college. It's a very important part of the city - part of the community - but we need to have a policy discussion."

After Palmucci withdrew his motion, councillors approved the health insurance budget by voice vote.

The \$340.12 million

# \$340.12 Million Budget Approved

budget for fiscal year 2021 represents an increase of \$10.34 million over the current budget. Koch referred to the budget as a "protection plan" when he introduced it in May, because it avoids cuts to personnel and key city services amid the COVID-19 pandemic. The mayor also said he hopes to avoid a property tax increase next year.

The budget, Koch said at the time, anticipates a 20 percent drop in local aid from the state and a 20 percent drop in local receipts, which includes a number of revenue streams, such as the meals tax, motor vehicle excise tax and building permit fees. As a result, the budget is at least \$10 million less than what he originally anticipated.

Councillor Anne Mahoney on Monday said she would support the budget with the understanding the administration would come back before the council in the fall, if necessary, to make cuts to hold the line on property taxes.

"I'm saying yes to this with the idea we will be coming back...if we end up having more moneys taken away from us from the state level so we will be able to

come back in September and relook at this budget," she said, "and with the anticipation when we certify our free cash and we certify our new taxes coming on from new growth that we will not be having a tax increase to anybody to the city."

Ward 6 Councillor William Harris said Koch did not guarantee there would be no tax increase next year, because the financial uncertainty caused by the pandemic makes it impossible to do so.

"There is no guarantee, but we are going to do the best that we can," Harris said. "Nobody has a crystal ball. If there was a crystal ball, we would all be millionaires. We wouldn't be on Zoom - we'd be in the Bahamas or somewhere else."

Nearly a third of the general fund budget for the upcoming fiscal year will be appropriated to the Quincy Public Schools. The school system will receive \$111.19 million from the general fund in fiscal year 2021, up from \$110.21 million this year.

The total Quincy Pub-

lic Schools budget for next year, unanimously approved by the School Committee last week, is \$117.39 million - up \$1.98 million from this year - and includes \$5.2 million in Circuit Breaker funding from the state and \$1 million in funding from the federal Coronavirus Aid, Relief, and Economic Security Act.

The school department will be able to hire 13.5 new full-time equivalents with the increase in funding, the only new positions created in the entire general fund budget.

The new hires include two English language learning teachers at the high school level; 1.5 academic classroom teachers if needed to keep class sizes in line with the district's standards; two literacy teachers; four special education teachers; and one speech therapist. In addition, the budget provides funding to hire a new high school guidance staff member, an IT support staff member, and a new central office administrator with responsibilities such as education evaluation, data collection and professional

development.

School Committee member Emily Lebo said she was grateful the school system was in a position to be hiring additional staff at a time when many other districts are laying off educators.

"I just wanted to take this opportunity to thank the residents of Quincy, City

Council and the mayor because we are not in a position that so many communities are in this week...I'm hearing from communities all over the state that it is devastating out there," Lebo said.

"I know we can't be assured that this is going to last for us forever, but I really am grateful that we are not in that position."

## LEGAL NOTICE

### LEGAL NOTICE

**CITATION ON PETITION FOR FORMAL ADJUDICATION**  
Docket No. NO20P1185EA  
Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Norfolk Probate and Family Court  
35 Shawmut Road  
Canton, MA 02021  
(781) 830-1200  
Estate of:  
Francis A. Puccia  
Date of Death:  
April 21, 2020

To all interested persons:  
A Petition for Formal Adjudication of Intestacy has been filed by Salvatore J. Puccia of Lakeville, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Salvatore J. Puccia of Lakeville, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

### IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 07/08/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

### UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: June 5, 2020  
PATRICK W. McDERMOTT  
Register of Probate

6/18/20

### LEGAL NOTICE

**INFORMAL PROBATE PUBLICATION NOTICE**  
Docket No. NO20P1247EA  
Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Norfolk Division  
35 Shawmut Road  
Canton, MA 02021  
(781) 830-1200  
Estate of:  
Anita Louise Ricciuti  
Also Known As:  
Anita L. Ricciuti,  
Anita Ricciuti  
Date of Death:  
May 13, 2020

To all persons interested in the above captioned estate, by Petition of:

Petitioner Michael D. Ricciuti of Milton, MA a Will has been admitted to informal probate.

Michael D. Ricciuti of Milton, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

6/18/20

### LEGAL NOTICE

**INFORMAL PROBATE PUBLICATION NOTICE**  
Docket No. NO20P0902EA  
Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Norfolk Division  
35 Shawmut Road  
Canton, MA 02021  
(781) 830-1200  
Estate of:  
Dorothy O'Brien  
Also Known As:  
Dorothy E. O'Brien,  
Dorothy Quincy O'Brien  
Date of Death:  
January 24, 2020

To all persons interested in the above captioned estate, by Petition of:

Petitioner William J. O'Brien, Jr. of Quincy, MA a Will has been admitted to informal probate.

William J. O'Brien, Jr. of Quincy, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

6/18/20

### LEGAL NOTICE

**CITATION ON PETITION FOR FORMAL ADJUDICATION**  
Docket No. NO20P1130EA  
Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Norfolk Probate and Family Court  
35 Shawmut Road  
Canton, MA 02021  
(781) 830-1200  
Estate of:  
Alfred J. McManama  
Date of Death:  
April 18, 2020

To all interested persons:  
A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by Alliance Health at Marina Bay of Quincy, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Susan C. Hubbard, Esq. of Topsfield, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

### IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 07/29/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

### UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: May 25, 2020  
PATRICK W. McDERMOTT  
Register of Probate

6/18/20



# CLASSIFIEDS

|   |  |   |   |  |
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| <p><b>DERRICKS PAINTING</b><br/>When Quality Counts</p> <p>Interior/Exterior<br/>Home Repairs<br/>Gutter Cleaning</p> <p>References Available</p> <p><b>617-851-1688</b></p> <p>Licensed/Insured</p> <p><b>McEvilly Construction</b><br/>FOR<br/>COMPLETE CARPENTRY<br/>SERVICE</p> <p>including Windows,<br/>Kitchens, Decks, etc.</p> <p><b>BASÉMENT<br/>REMODELING</b></p> <p>HONEST PRICES,<br/>FREE ESTIMATES</p> <p>Licensed &amp; Insured</p> <p>Call John<br/><b>617-512-1188</b></p> | <p><b>GENERAL CONTRACTING</b></p> <ul style="list-style-type: none"> <li>• Carpentry • Roofing</li> <li>• Siding • Windows</li> <li>• Painting • Bathrooms</li> </ul> <p>Also, Handyman Jobs</p> <p>- Great References -</p> <p>Call<br/><b>617.980.6558</b></p> <p><b>Scanlon Roofing &amp; Repair</b></p> <p>Shingle . Rubber . Slate<br/>Powerwashing</p> <p>30 Years Experience</p> <p>Licensed - Insured - Free Estimates</p> <p><b>781-312-5846</b></p> <p><b>Kevin O'Connell</b></p> <ul style="list-style-type: none"> <li>• Landscaping</li> <li>• Gardening</li> <li>• Plantings</li> </ul> <p>• Premium Mulches Installed</p> <p>• Home Caretaking</p> <p><b>617-922-0034</b></p> | <p><b>JANSKY MECHANICAL</b></p> <p>PLUMBING • HEATING • COOLING</p> <p>Residential &amp; Commercial</p> <p><b>WWW.JANSKMECH.COM</b></p> <p>We'll work with you!</p> <p>Heating Systems<br/>A/C Repair<br/>Kitchen &amp; Baths</p> <p><b>EMERGENCY SERVICE</b><br/><b>(781) 821-0422</b></p> <p>janskymech@gmail.com<br/>Bob Jansky<br/>MA. Lic. #15288<br/>195 Tarapiko Street<br/>Canton, MA 02021</p> | <p><b>Jim Riley</b></p> <p><b>Riley Construction</b></p> <p>Commercial &amp; Residential Roofing All Phases<br/>Windows and Gutters</p> <p>Quincy, MA 02169<br/>(617) 472-3335<br/>rileyconstruction@live.com</p> <p>Licensed &amp; Fully Insured<br/>Mass Reg #138824<br/>Free Estimates</p>   | <p><b>J.F. ROOFING Co.</b></p> <p><b>QUINCY, MA</b></p> <ul style="list-style-type: none"> <li>• Shingles</li> <li>• Rubber</li> <li>• Slate</li> <li>• Copper</li> </ul> <p>• Vinyl Replacement Windows</p> <p><b>(617)471-8216</b></p>   |
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| <b>NEW STORE<br/>ON THE BLOCK</b><br>1183 Hancock St.,<br>Quincy Ctr. T Station | <b>7-11</b><br>495 Washington St.                  | <b>BEALE ST.<br/>NEWS AND TOBACCO</b><br>17 Beale St.         |
| <b>HANCOCK MARKET</b><br>5 Cottage Ave.   | <b>DAIRY FARM</b><br>330 Washington St.            | <b>CVS</b><br>42 Beale St.                                    |
| <b>MIGNOSA'S<br/>FRUIT BASKET</b><br>138 Granite St.                            | <b>7-11</b><br>230 Washington St.                  | <b>COFFEE<br/>BREAK CAFE</b><br>12 Old Colony Ave.            |
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| <b>WALGREENS</b><br>132 Granite St.   | <b>CVS</b><br>Southern Artery                      | <b>MULLANEY'S<br/>VARIETY</b><br>205 W. Squantum St.          |
| <b>HANCOCK PARK<br/>LOBBY SHOP</b><br>164 Parkway                               | <b>7-11</b><br>650 Adams St.                       | <b>STOP &amp; SHOP</b><br>65 Newport Ave.                     |
| <b>FRANKLIN ST. BP</b><br>60 Franklin St.                                       | <b>VILLAGE COMM.<br/>MARKET</b><br>100 Willard St. | <b>7-11</b><br>363 Hancock St.                                |
| <b>7-11</b><br>78 Franklin St.  | <b>COPELAND LIQUORS</b><br>273 Copeland St.        | <b>WALGREENS</b><br>324 Hancock St.                           |
| <b>SHOP N SAVE<br/>LIQUORS</b><br>20 Independence Ave.                          | <b>GRANITE MART</b><br>308 Willard St.             | <b>SAM'S VARIETY</b><br>125 Billings Rd.                      |
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| <b>PRESIDENTIAL<br/>LIQUORS</b><br>25 Scammell St.                              | <b>JOE'S PLACE</b><br>260 Centre St.               | <b>ATLANTIC MARKET<br/>&amp; LIQUORS</b><br>247 Atlantic Ave. |
| <b>ADAMS VARIETY</b><br>22 Independence Ave.                                    | <b>CORNER FOOD<br/>MARKET</b><br>1060 Hancock St.  | <b>CARMINE'S CAFE</b><br>69 Huckins Ave.                      |
| <b>DAILY MART</b><br>291 Quincy Ave.  | <b>200 FOOD MART</b><br>200 Sea St.                | <b>7-11</b><br>751 E. Squantum St.                            |
| <b>ROCHE<br/>BROTHERS</b><br>The Falls  | <b>ADAMS SHORE<br/>SUPERMARKET</b><br>494 Sea St.  | <b>LUCKY SHAMROCK</b><br>265 Beale St.                        |
| <b>WALGREENS</b><br>418 Quincy Ave.   | <b>PALMER STREET<br/>MARKET</b><br>231 Palmer St.  | <b>ANDRE'S STORE</b><br>20 Brook St.                          |
| <b>WALGREENS</b><br>550 Adams St.   | <b>BERNIE'S<br/>GENERAL STORE</b><br>1147 Sea St.  | <b>EVEREST MARKET</b><br>121 Standish Ave.                    |
|   | <b>WEST ELM<br/>VARIETY</b><br>139 W. Elm Ave.     | <b>QUINCY MARKET</b><br>33 Washington St.                     |
|   |  | <b>5 CORNER FOOD<br/>MART</b><br>163 Newbury Ave.             |

**The Quincy Sun**

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PAYABLE IN ADVANCE. Payment must accompany order.

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|                             | <input type="checkbox"/> For Rent      |
|                             | <input type="checkbox"/> Wanted        |
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☐ \$8.00 per insertion up to 20 words for 2-4 insertions of the same ad, 10¢ each additional word.

☐ \$7.50 per insertion, up to 20 words, for 5-10 insertions of the same ad 10¢ for each additional word.

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☐ Enclosed is \$ \_\_\_\_\_ for the following ad to run \_\_\_\_\_ weeks in **The Quincy Sun.**

COPY: \_\_\_\_\_

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LEGION POST**

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**Ellen Sampson, 617-719-0363**

**PERSONAL**

**THANK YOU**

ST. JUDE, BLESSED MOTHER,  
ST. ANTHONY, ST. JOSEPH,  
ST. PEREGRINE,  
ST. THERESA

J.D.

**"THANK YOU  
ST. JUDE"**

MS

**Congratulations**

Peyton - N.Q.H.S - 2020

Justin - U.S.M.M.A - 2020

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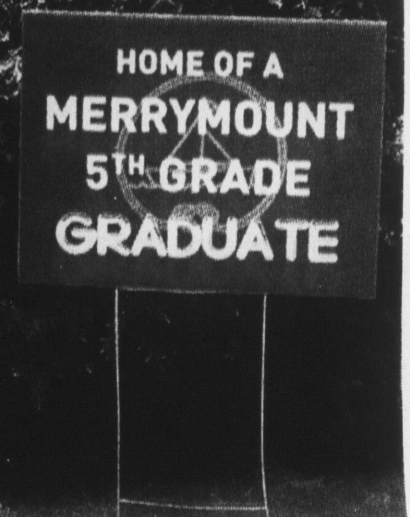
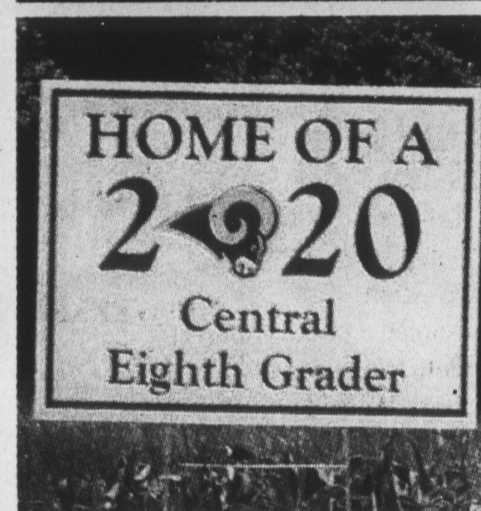
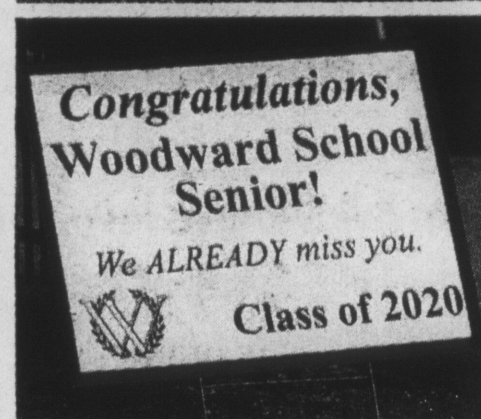
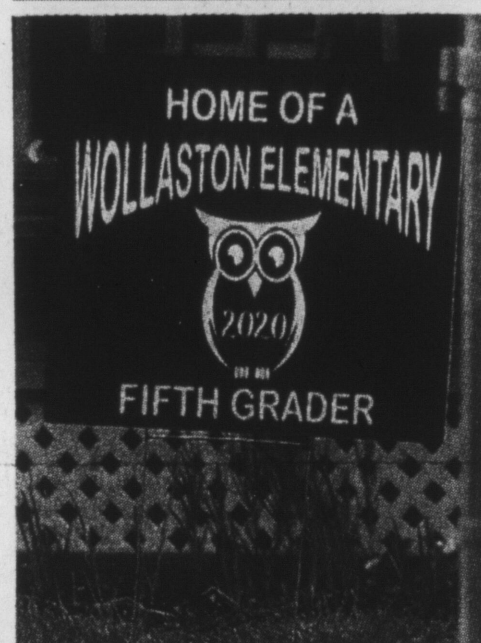
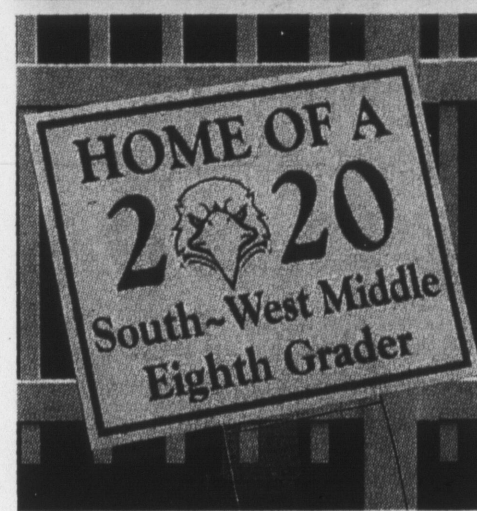
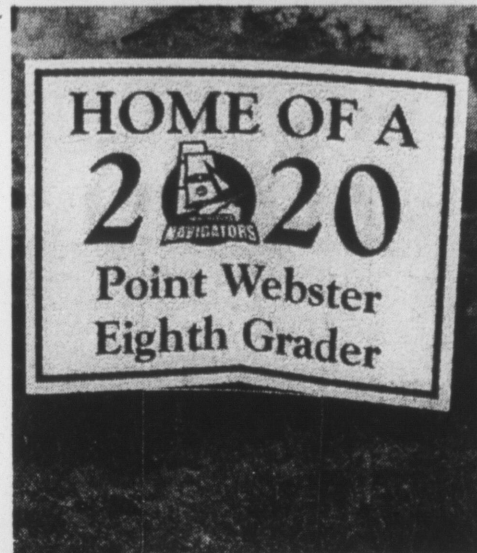
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Colorful yard signs throughout the city are celebrating the Class of 2020. These photos were taken by Keith Robinson who spotted the myriad of congratulatory messages for graduates of various local high school, middle school and elementary schools.

## Signs Celebrate The Class Of 2020





# Happy Father's Day



Joe, Dick Jr. and me dressed  
up like my Dad.



Vacationing on the Cape  
in the 70's.

*He grew up during the depression, one of seven children. After graduating from North Quincy High School, he joined the US Army to serve his nation during WWII. After the war he saw a need and founded the Koch Club, got married to the love of his life, Simone, and then had eight children. He worked at White Bros. Milk with his three brothers then became the City's first Park Director. He started the Flag Day Parade and the Quincy City Club. He served his Nation, his Church, and his community here in Quincy. He was a force for good. He taught me about hard work, Faith in God, and service to others. I learned from him how to live, how to love, and to serve by the greatest possible way – the powerful way of example.*

*He was my father – Richard J. Koch.*

*Thank you, Dad.*

*Mayor Tom Koch*

*Happy Father's  
Day!*

*Mayor Tom & Christine Koch*



*Of course, I was his favorite.*

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